



**Lancaster County Office of Behavioral Health and Developmental Services**

Basic Information Series Volume: MH-3

**For Information Call:**

Crisis Intervention: 717-394-2631

Mental Health Case Management 717-393-0421

Administration Unit: 717-299-8021

## Supports and Treatment for Adults with Mental Illness

# Basic Information Series

### Community Supports

#### National Alliance on Mental Illness

Also known as NAMI; this organization is the nation's largest grassroots mental health organization. They serve to educate families, natural supports, individuals with mental illness, and advocate for mental health, lead in the fight against stigma, and in raising public awareness. For more information explore their website at [www.nami.org](http://www.nami.org).

#### Mental Health America

Mental Health America of Lancaster County is an organization in Lancaster dedicated to assisting individuals to lead mentally healthy lives. MHA works in Lancaster to help individuals and families move towards recovery, to educate the public about mental illness, to provide information for navigating the mental health services system, and to advocate for policy and system level change to benefit those experiencing mental illness. For more information, explore their website at [www.mhalancaster.org](http://www.mhalancaster.org) or call (717) 397-7461.

#### Community Support Program

The Community Support Program is a meeting of mental health professionals, consumers, family members, and other interested community members that convenes once a month to discuss issues in the community involving mental health. The goal is to reduce stigma and promote recovery in the Lancaster community.

#### Compeer Program

Compeer is a program run by MHA Lancaster that works to change lives and promote mental wellness through the power of friendship. The program connects individuals in one-on-one friendships to provide support and friendship to people living with mental illness. For more information, call (717) 397-7461.

#### Drop-In Centers

Lancaster has two drop-in centers for persons living with mental illness, Arch Street Center and ICAN. These drop-in centers provide a place for people with mental illness to build relationships, gain social support, avoid isolating, and have entertainment during the day. For more information on Arch Street Center, call 717-392-8536 or visit [www.archstreetcenter.org](http://www.archstreetcenter.org). For more information on ICAN, call 717-490-6248 .

#### Disability Rights Pennsylvania

This is a state contracted advocacy group for individuals with mental health that works to ensure adequate care for individuals with serious mental illnesses and disabilities.

#### Certified Peer Specialist

Individuals meet with a Certified Peer Specialist regularly to work on their goals. Together the individual and Certified Peer Specialist will access community resources, attend trainings together to work on goals, and develop and nurture the individual's natural supports.

### Treatment Options

#### Outpatient Treatment

There are treatment options provided for individuals in an outpatient setting. These include psychiatric and diagnostic evaluations, medication management, medication clinics, therapy, and clinical support. There are various providers of outpatient treatment in Lancaster County.

#### Partial Hospitalization

Partial hospitalization is also know as partial

or intensive outpatient. This treatment type is for individuals that need treatment that is more intensive than outpatient but less so than inpatient. It includes medication management, individual, family, and group therapy. Group therapy often works on skill development. The individual can attend treatment up to 5 days per week, but frequency is based upon the individual's needs. There are specialized programs for persons with an intellectual disability or drug and alcohol dependence in addition to their mental illness.

## Additional Treatment Options

### Diversion

This treatment option is designed for individuals with mental illness who have a history of long-term and/or multiple psychiatric hospitalizations and have been designated by BH/DS staff as at-risk for long-term hospitalization. The goal of this treatment is to provide the intensive and individualized treatment needed to reintegrate individuals into the community. This program features individual and group therapy as well as psychoeducational groups with an educational focus on skills necessary for reintegration into the community.

### Acute or Short-term Hospitalization

This type of inpatient hospitalization typically occurs in one of the local community hospitals in Lancaster County, but at times may need to occur at a facility out of the county. Generally, an inpatient stay lasts between 4 to 10 days depending on an individual's need. The length can be extended longer if needed. Individuals can access this type of treatment through the Emergency Department or through BH/DS Crisis Intervention (717-394-2631). Entry to inpatient treatment may occur voluntarily or occasionally through an involuntary commitment. Involuntary commitment can only occur when an individual is a danger to themselves or others or the individual displays a clear inability to care for themselves. In this level of inpatient care, treatment may include medication management, individual, and group therapy to reduce and manage mental health symptoms.

### Extended Acute Care

This type of treatment can last up to 6 months of inpatient hospitalization. For extended acute care, a person must be under an involuntary commitment on an acute care unit. The goal of this level of care is to stabilize and manage the mental

health symptoms that inhibit an individual's ability to perform daily living skills.

### Long-term Hospitalization

This level of inpatient hospitalization is designed to support the person in managing their mental health symptoms. For long-term hospitalization, Lancaster County is served by Wernersville State Hospital. Individuals must be involuntarily committed to receive services at Wernersville State Hospital. The goal of this type of treatment is to discharge individuals back to the community with supports from local mental health agencies. BH/DS has a liaison to the state hospital who assists individuals in transitioning back to the Lancaster County community.

### Mobile Psychiatric Nursing

Mobile psychiatric nursing focuses on addressing psychiatric needs with a holistic approach and provides face-to-face psychiatric assessments. Additionally, this service provides support and education about medication and psychiatric health.

### Mobile Therapy

Psychotherapy provided by a licensed clinician in an individual or group setting. These services include mental status evaluations, goal planning, counseling, relationship skill building, and general psycho-education. This treatment option is available in the individual's residence. This type of mobile therapy is used for individuals who demonstrate a clinical need for mobile services.

### Who pays for treatment?

Most of these services are paid for by public or private insurance. In some circumstances, BH/DS will assist in paying for treatment for individuals open with case management services.

## Forensic Support

There are various supports in the Lancaster community for individuals with mental illness involved with the criminal justice system.

There are three specialty courts in Lancaster County: Mental Health Court, Drug Court, and Veterans Court. BH/DS has representatives and case managers that work with individuals who are open with case management and in Mental Health Court to help ensure individuals success in completing requirements of the treatment court.

For individuals on probation and parole, Special Offender Services can be offered. This is a program through probation and parole that takes into account an individual's mental health with their supervision.

Additionally, BH/DS has a Forensic Case Manager that works to support individuals in Lancaster County Prison. Other forensic issues include Women's Prison Group Therapy and advocacy in the prison which is provided by MHA of Lancaster County.

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