

Evidence Based Practices

CO-OCCURRING
FAMILY PSYCHO-EDUCATION
HOME BASED SERVICES
PEER DELIVERED SERVICES
SUPPORTED EMPLOYMENT
TRAUMA INFORMED SERVICES
WRAPAROUND SERVICES
INTENSIVE CASE MANAGEMENT
RESPITE CARE SERVICES



EVIDENCE BASED PRACTICES

- Takes its name from empirically based research.
- Can be replicated with similar results.
- Specially trained clinicians facilitate groups and provide treatment.
- It is a prescribed program of treatment.
- Attached is a NAMI handbook of some Evidence Based Practices

CO-OCCURRING SERVICES

- Are primarily for consumers with a diagnosis of SMI or IDD and substance use disorder;
- Focuses on education, harm reduction, relapse prevention;
- Involves motivational interviewing and treatment on an individual basis and or in a group setting;
- Identify ways to reduce substance use and to identify motivation to change;
- Use of stage-wise treatment plan, to make goals and objectives achievable by targeting the appropriate stage of change/treatment.

CO-OCCURRING SERVICES – CONT.

- Promote harm reduction and assess the role substances have in a person's life;
- Teach motivational techniques to enhance the ability to recognize triggers as well as patterns which occur in substance use;
- Help to manage symptoms of relapse;
- Helps to recognize the intersection and co-occurring nature of mental illness and the use of substances.

FAMILY PSYCHO EDUCATION

- Primarily for consumers with a diagnosis of schizophrenia, schizoaffective or bipolar disorders;
- Initially joining sessions are held to help families become ready to join a group;
- Offers a one day educational workshop outlining the symptoms, etc. of the diagnosis as well as development of the group and process;
- Bi-weekly meetings to provide problem solving and support.

WHAT ARE MULTI-FAMILY GROUPS ?

- Multi-family groups (MFG) are groups of people whose lives are affected by a serious brain disorder and who want to improve the quality of their lives.
- MFG uses a problem-solving method to learn new approaches to support consumers and their families.
- MFG focuses on the now and what people need in their lives to be happier. Members learn what mental illness is; how to cope with symptoms, and how to communicate better with each other.
- MFG include six to eight consumers, their family members and staff.

BENEFITS OF MULTI-FAMILY GROUPS INCLUDE:

- Building new friendships and social networks;
- Learning about the current medical understanding of brain disorders;
- Developing skills to get back into the mainstream of life (employment, school);
- People work together towards recovery; the group is stronger than the individual parts;
- The family burden and isolation is lightened;
- People have a reduction in relapses, incarceration and hospitalizations.

PARTICIPANTS HAVE ALSO DISCOVERED:

- Renewed interest in work;
- Improved ability to work on issues BEFORE they are a big deal;
- More control of their recovery;
- Family members have less stress, improved coping skills, greater satisfaction with caretaking and fewer illnesses over time.

HOME BASED SERVICES

- Designed to provide intensive services to children 0 through 20, and their families with multiple service needs in their home or community.
- The goal is to promote normal development, healthy family functioning, support and preserve families, and reunite families who have been separated.
- Reduces or shortens length of stay in psychiatric hospitals and other alternative care settings.
- Based on the child's needs with the focus on the family unit.
- Uses strength-based approach while working with parents, professionals and other community service providers as a team.

PEER DELIVERED SERVICES

- A program that provides individuals with opportunities to learn and share coping skills and strategies.
- A program run for consumers by consumers.
- Provides a means to move from a passive role to a more active role in terms of their treatment.
- Builds or enhances self-esteem and confidence.
- Offers opportunities to develop community inclusion, socialization and independence.

PEER DELIVERED SERVICES – CONT.

- WRAP is a peer delivered service which stands for Wellness, Recovery, Action Plan, and is run by our trained and certified peer support specialists.
- It focuses on wellness and the development of a recovery action plan.
- It can be used as an advance psychiatric directive.
- Utilized by any SMI consumer to develop skills that would benefit their recovery.
- The group talks about five key concepts which include: recovery, hope, personal responsibility, self advocacy, education, and support.
- Can also be developed on a one on one basis.

SUPPORTED EMPLOYMENT

- Provides job development, initial and on-going support services as identified in the person-centered plan.
- Assists consumers to obtain and maintain paid employment that would otherwise be unachievable without the support.
- Intensity of service fluctuates with the consumers needs throughout employment.
- Develops relationships between consumer, employer, employment specialist and other members of the treatment team.

8 PRINCIPLES OF SUPPORTED EMPLOYMENT

1. Eligibility is based on consumer choice (no one is excluded because of prior work history, hospitalization history, substance use, symptoms, or other characteristics).
2. Supported employment is closely integrated with mental health treatment (employment specialists meet frequently with the mental health treatment team to coordinate plans).
3. Competitive employment is the goal (the focus is community jobs anyone can apply for that pay at least minimum wage, including part-time and full-time jobs).
4. Job search starts soon after a consumer expresses an interest in working (there are no requirements for completing extensive pre-employment assessment and training, or intermediate work experiences such as transitional employment, or sheltered workshops).
5. Follow along supports are continuous (individualized supports to maintain employment continue as long as the consumer wants assistance). Transitioning from Supported Employment may be discussed if the person is able to maintain steady employment (one year)

8 PRINCIPLES OF SUPPORTED EMPLOYMENT

6. Consumer preferences are important (choices and decisions about work and support are individualized, based on the person's preferences, strengths, and experiences).
7. Benefits counseling is part of the employment decision-making process (personalized benefits planning and guidance help consumers to make informed decisions about job starts and changes).
8. Employment specialists develop relationships with employers, based upon their clients' preferences, by meeting face to face over multiple visits. Employment specialists learn about the work environment and the employers' work needs. They gather information about the nature of job opportunities and assess whether they may be a good job fit. They continue to make periodic visits because networking is how people find jobs.

TRAUMA INFORMED SERVICES

Taking a trauma informed approach to treatment is necessary in order to avoid re-traumatizing individuals seeking assistance. Incorporating three key elements will help HBH as an agency to be sensitive toward individuals who have experienced trauma. These elements are; realizing the prevalence of trauma, recognizing how trauma affects all individuals involved with systems (this includes staff), and responding by putting things into practice.

- It is recognized that the majority of folks who seek services with community mental health have experienced trauma in their lives.
- Trauma can be defined as any incident which the individual views as traumatizing. It is recognized that unresolved trauma can lead to a multitude of maladaptive behaviors in an effort to mask or cover significant feelings about certain events.
- Individual and group sessions work to develop adequate coping skills to deal with the strong feelings which emerge.

TRAUMA INFORMED SERVICES – CONT.

Some trauma informed services include:

- Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
- Seeking Safety: helps people attain safety from Trauma/PTSD. Can be conducted in group or on an individual basis.
- Trauma Recovery and Empowerment Model (TREM): is intended for trauma survivors. This model is gender specific.

INTENSIVE CASE MANAGEMENT

- Typically relies upon a single case manager who works closely with the consumer and other professionals to develop an individualized comprehensive service plan.
- The case manager coordinates services and supports necessary to keep the consumer at home, in the community and out of more restrictive treatment settings.
- Case managers role-
 - Care coordination, interagency collaboration, monitoring and tracking of service use, advocating for effective and appropriate services, ensuring the golden thread of care

WRAPAROUND SERVICES

- A philosophy of care that includes a definable planning process involving the child and family that results in a unique set of community services and natural supports individualized for that child and family to achieve a positive set of outcomes.
- Provides
 - Compassion for children and families,
 - Voice and choice for child and family
 - Integration of services and systems,
 - Flexibility in approaches to working with families and in the funding and provision of services,
 - Permanency in home, school and community
 - Care that is unconditional, individualized, strengths-based, family centered, culturally competent, and community-based with services close to home and in natural settings

RESPITE CARE

- A type of family support that provides a family with relief from childcare by bringing a caregiver into the home or placing a child in another setting for a brief period of time.
- Allows families with a child with serious needs, a break from the responsibilities of caring for their child.
- Respite helps to reduce the incredible stress that comes with caring for a child with serious mental health treatment needs. It also helps prevent out of home placement for children and adolescents with serious mental health treatment needs.

“Choosing the right treatment: What Families Need to know about Evidence Based Practices”