


The CT Department of Mental Health and Addiction Services (DMHAS)

Service System
Overview (2010)





Who are we?

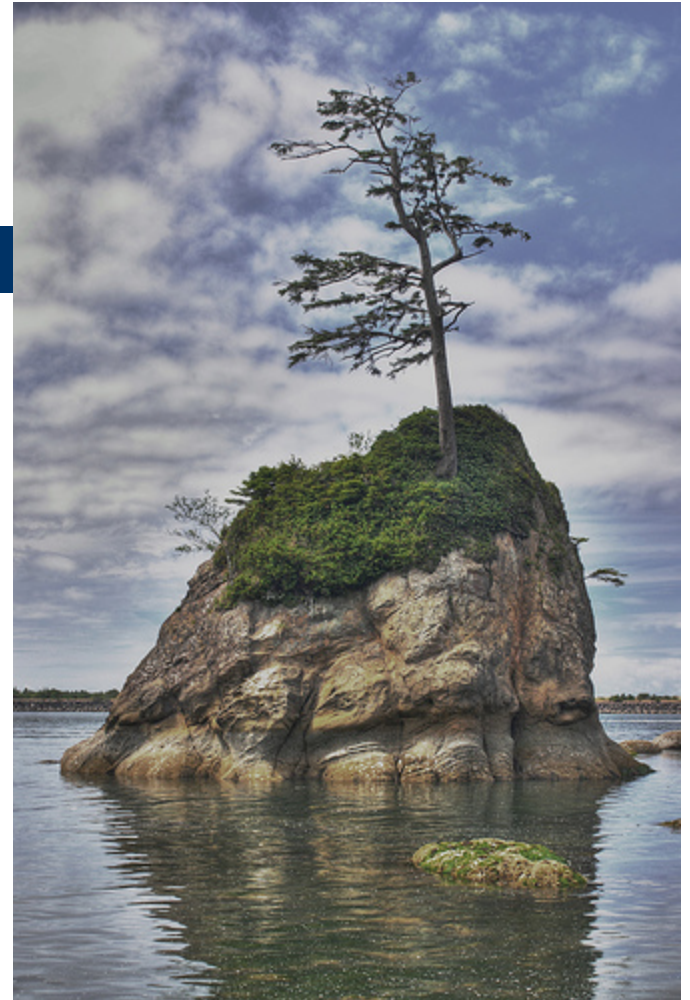
- Department of Mental Health and Addiction Services – *A Healthcare Services Agency*
- Substance abuse and mental health authority
- Approximately 3,600 employees, one hospital, 14 LMHAs (PNP & SO)
- Contract with over 170 non-profit agencies
- Prevention and treatment

DMHAS Mission

- DMHAS is the state healthcare service agency responsible for health promotion, and the prevention and treatment of mental illness and substance abuse in Connecticut. DMHAS' mission is “to improve the quality of life of the people of Connecticut by providing an integrated network of comprehensive, effective and efficient mental health and addiction services that foster self-sufficiency, dignity and respect”. To that end, DMHAS is focused on promoting and achieving a quality-focused, culturally responsive and recovery-oriented system of care.

A Recovery-Oriented System

- *“A recovery oriented system of care identifies and builds upon each individual’s assets, strengths, and areas of health and competence to support achieving a sense of mastery over his or her condition while regaining a meaningful, constructive, sense of membership in the broader community.”*



DMHAS' Systemic Approach to Recovery



- Develop core values and principles
- Establish conceptual and policy framework
- Build competencies and skills
- Change programs and service structures
- Align fiscal resources and administrative policies in support of recovery
- Monitor, evaluate and adjust

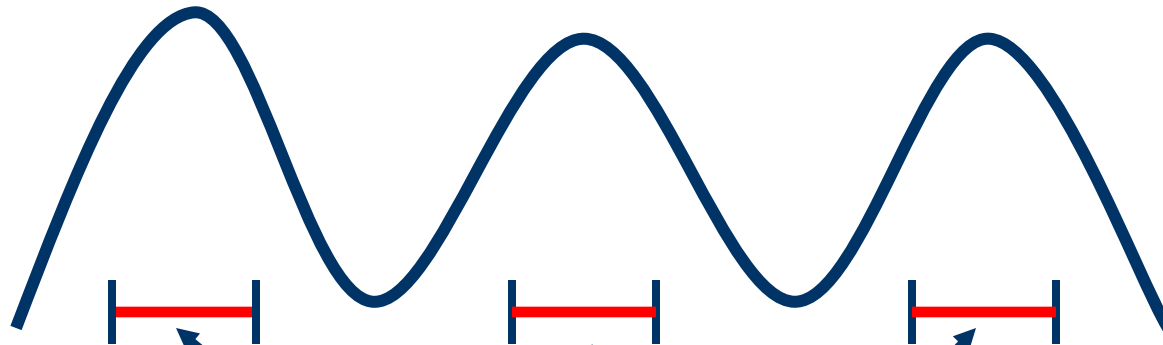
Cyclical and Recurrent

Traditional Approach to Care

Severe

Symptoms

Remission

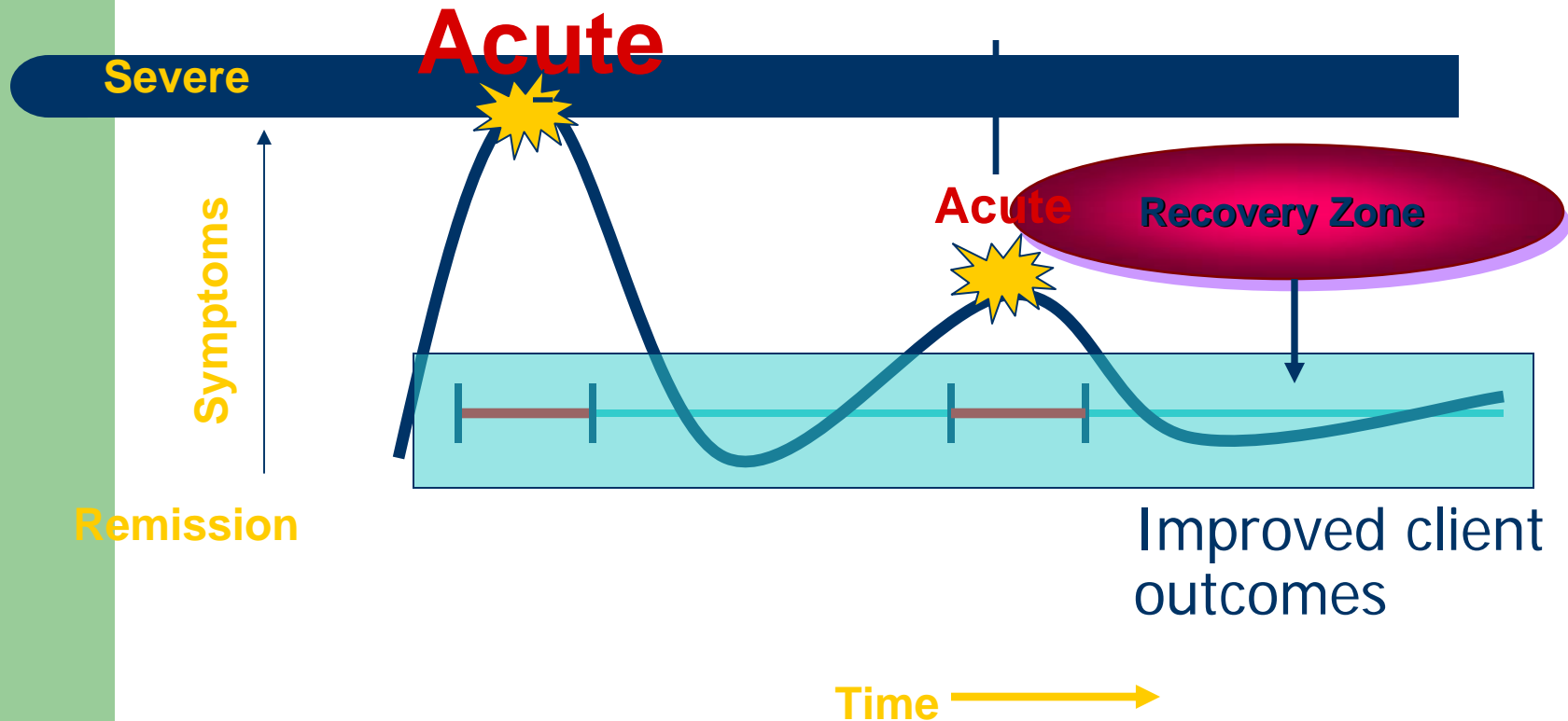


Acute symptoms

Discontinuous treatment

Crisis management

Goal: Helping People Move into Recovery Zone



Populations Served

- Individuals with severe and persistent mental illness
- Individuals with substance use disorders
- Individuals with co-occurring mental health and substance use disorder
- Individuals with gambling disorders
- Individuals with traumatic or acquired brain injuries
- Individuals with forensics involvement
- Young adults transitioning from DCF
- Community systems with prevention and health promotion efforts

Number of Individuals Served

DMHAS utilizes its network of state-operated and more than 170 private not-for-profit service providers to serve

over 90,000 people annually

in publicly funded inpatient, outpatient and rehabilitative services. Thousands of other citizens benefit from prevention and health promotion activities.

DMHAS State-Operated Facilities

- CT Valley Hospital (Middletown)
 - General Psychiatric Division including services for individuals with Traumatic and Acquired Brain Injuries and Geriatric needs
 - Addiction Division Substance Use Detox & Rehab
 - Forensics Division
- State Operated Local Mental Health Authorities
 - Capitol Region Mental Health Center (Hartford)
 - Southeast Mental Health Authority (Norwich)

DMHAS State-Operated Facilities *(cont.)*

- Southwest Community Mental Health System (Bridgeport & Stamford)
- CT Mental Health Center (New Haven)
- River Valley Services (Middletown)
- Western CT Mental Health Network (Torrington, Waterbury, Danbury)

PNP Local Mental Health Authorities

- Bridges...A Community Support System, Inc. (Milford)
- Harbor Health Services (Branford)
- Community Health Resources (Manchester, Windsor, Enfield)
- Birmingham Group Health Services (Ansonia)
- Community Mental Health Affiliates, Inc. (New Britain)
- InterCommunity (East Hartford)
- Rushford (Meriden, Wallingford)
- United Services (Windham)

Role of Local Mental Health Authorities

- Care management/coordination for individuals with severe mental health and co-occurring disorders
- Direct service treatment and support for individuals with severe mental health and co-occurring disorders
- Collaboration with ASO regarding care coordination
- Targeted case management

Types of Mental Health Services

- Inpatient Services
- Residential Services
 - Group Homes, Supervised and Supportive Housing
- Assertive Community Treatment (ACT) for Recovery
- Community Support Programs (CSP)
- Recovery Pathways
- Outpatient Services
- Mobile Crisis
- Crisis Intervention & Respite
- Jail Diversion
- Supported Employment/Supported Education

Mental Health Services Partners

- Local Mental Health Authorities
 - State Operated (6)
 - Private Not-for-Profit (8)
- Other Community-based Agencies
- Advocacy Groups
- Regional Mental Health Boards
- State Board of Mental Health & Addiction Services
- Other State Agencies
 - (DSS, DOC, DCF, CSSD)

Types of Substance Use Services

- Inpatient Detox
- Ambulatory Detox
- Residential Rehabilitation
 - Including for pregnant & parenting women
- Outpatient Services
- Medication-Assisted Treatment (i.e. methadone maintenance, buprenorphine treatment)
- Case Management

Substance Use Services Partners

- Advocacy Groups
- State Board of Mental Health & Addiction Services
- Regional Action Councils
- Alcohol & Drug Abuse Policy Council
- Other State Agencies
 - (DSS, DOC, DCF, CSSD)

Other Statewide Services

- Nursing Home Waiver Services
- Elderly Services
- Gambling Services
- Housing Services
- Deaf and Hard of Hearing Services
- Young Adult Services
- Military Support Program

Recovery Support Services

- Recovery Supports Program (RSP)
 - Clinical Services (non Medicaid covered services)
 - Basic Needs Support, Recovery Housing, Employment/Vocational, Peer Coaching, etc.
- Federally funded Access to Recovery
 - Clinical Services (buprenorphine treatment)
 - Basic Needs Supports, Recovery Housing, Peer Coaching, Employment/Vocational, etc.

Prevention and Health Promotion Services

Promote the overall health and wellness of individuals and communities by delaying or preventing substance use through:

- information dissemination
- education
- alternative activities
- strengthening communities
- promoting positive values
- problem identification, and referral to services
- attitudes and behaviors that contribute to alcohol and other drug abuse are changed, leading to healthier communities

DMHAS Major Initiatives

- Behavioral Health Recovery Partnership
- GABHP > DMHAS Recovery Support Program
- Federal Access to Recovery Program
- Case Management to Community Support Programs Conversion
- Nursing Home Waiver

DMHAS Major Initiatives

- Co-Occurring Disorders Focus
- Recovery Focus
- Gender Responsive and Trauma Informed Services
- Mental Health Transformation Grant Activities
- Person-Centered Planning