

● ● ● | Building Mental Health Services

From Idea to Integration

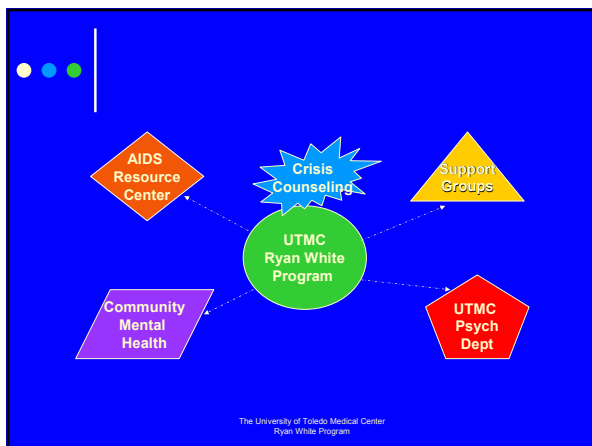


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● ● ● | The dilemma

- Fractured mental health support
- Narrow support group attendance
- Fear of disclosure
- Distrust of system
- Stigma of mental illness

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The Need

- o Isolation
- o Depression
- o Dual Diagnosis
- o Non adherence
- o Crisis management
- o Staffing

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The History

- o Women's support group
- o Men's support group
- o HIV social worker/counselor
- o Group therapy attempt

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What was working well

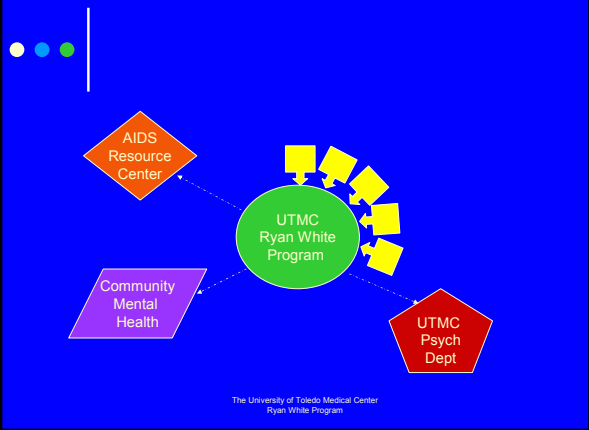
- o Support Groups
 - Men's
 - Women's

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● ● ● Fine Tuning

- Hearing the consumer
 - ● Adding the mixed support group
 - Altering facilitators
 - ● Adding youth group
 - Camouflaging support
 - ● Educational dinners

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● ● ● OPR Site Review

- Disclosure of weakness of program
- Candid discussion
- Utilization of reviewers as resources
- Implementing suggestions

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● ● ● | Reviewing Effective Models

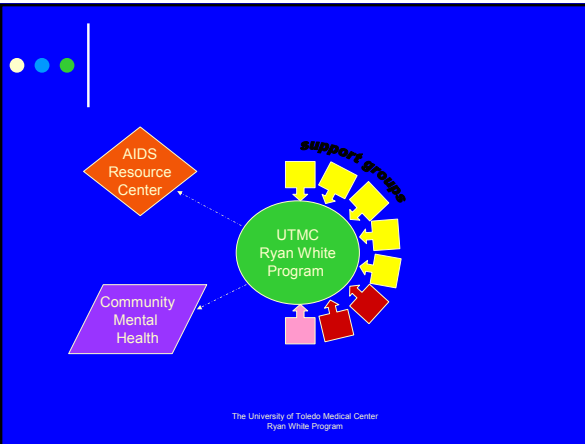
- John's Hopkins model of integrated services
- "User friendly"

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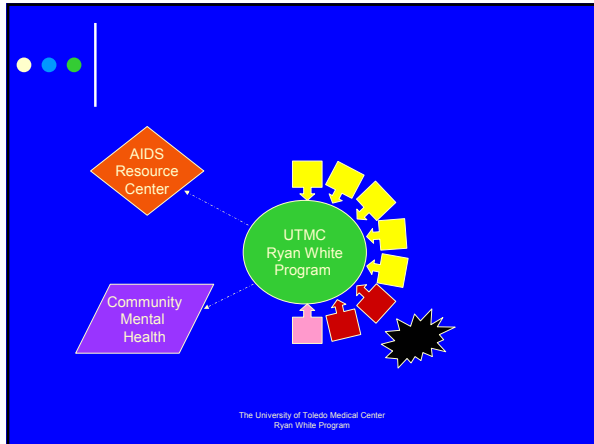
● ● ● | UTMC Psychiatry Department

- ▣ ○ Acute Ambulatory Assessment
 - Utilizing the Psych On call Resident
- ▣ ○ Liaison through CNS Role
 - Selling the concept of Psych APN
- ▣ ○ Dialectical Therapy Group

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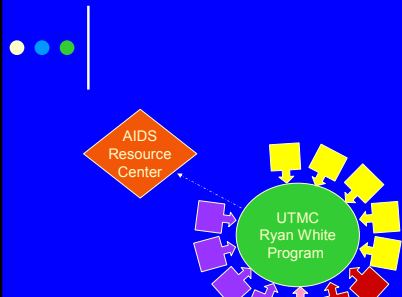
- ### Counseling: What was in place
- ▣ ○ HIV LISW / Counselor
 - ▣ ○ The two way mirror in Psych
 - ▣ ○ Community mental health
 - ▣ ○ Community substance abuse counseling
 - ▣ ○ Group therapy black women
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- ### Lesson Learned
- When to get rid of what is not working
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● ● ● | HRSA Collaboration

- ▣ ○ Healthy Connections
 - LPCC
 - LSW
 - CNS
- ▣ ○ Integrated Counseling
- ▣ ○ Community Follow-up
- ▣ ○ Substance Abuse Counseling

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● ● ● | Ryan White Part B Agency

- AIDS Resource Center Ohio, Inc.
 - CRCS: Comprehensive Risk Counseling and Services

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● ● ● Mental Health Services Model



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● ● ● Positive Outcomes

- o Data


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● ● ● Lessons Learned

- o Use the OPR visit as a positive exchange of ideas
- o Give yourself permission to remove what is not working and not consider it failure but a learning process
- o Don't get rigid: keep trying new ideas
- o Listen to the consumers: they often know their needs better than HCWs

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Dynamic Equilibrium
is never static



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You can make it work!



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