

RURAL **HEALTH** WORKSHOP

Mental Health Rehabilitation Program, Hope in Recovery



Speaker

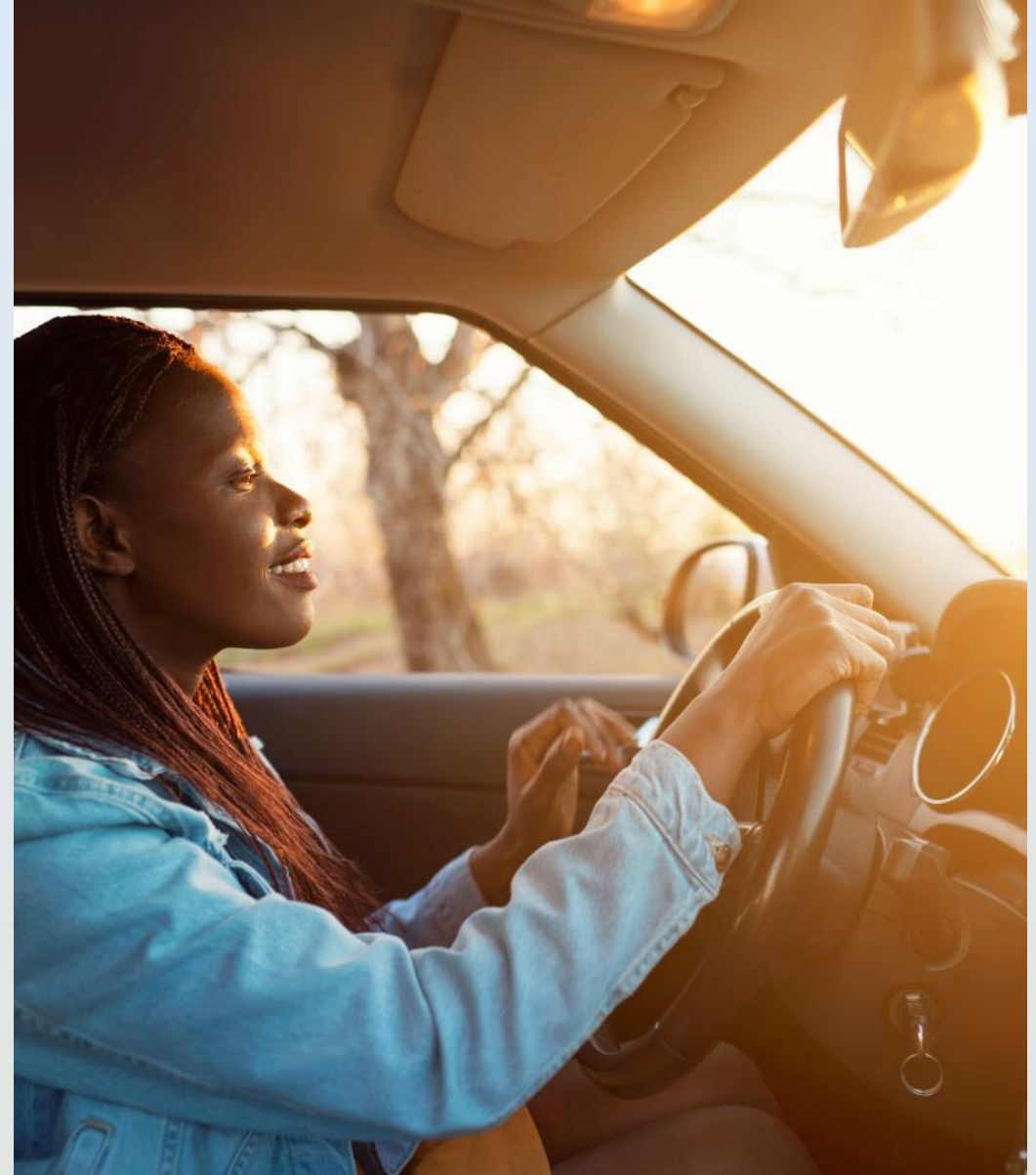
- Lindsey Mercante
 - Advocacy Coordinator
 - Louisiana Rural Mental Health Alliance



Mental Health Rehabilitation :

Providing Hope in Recovery

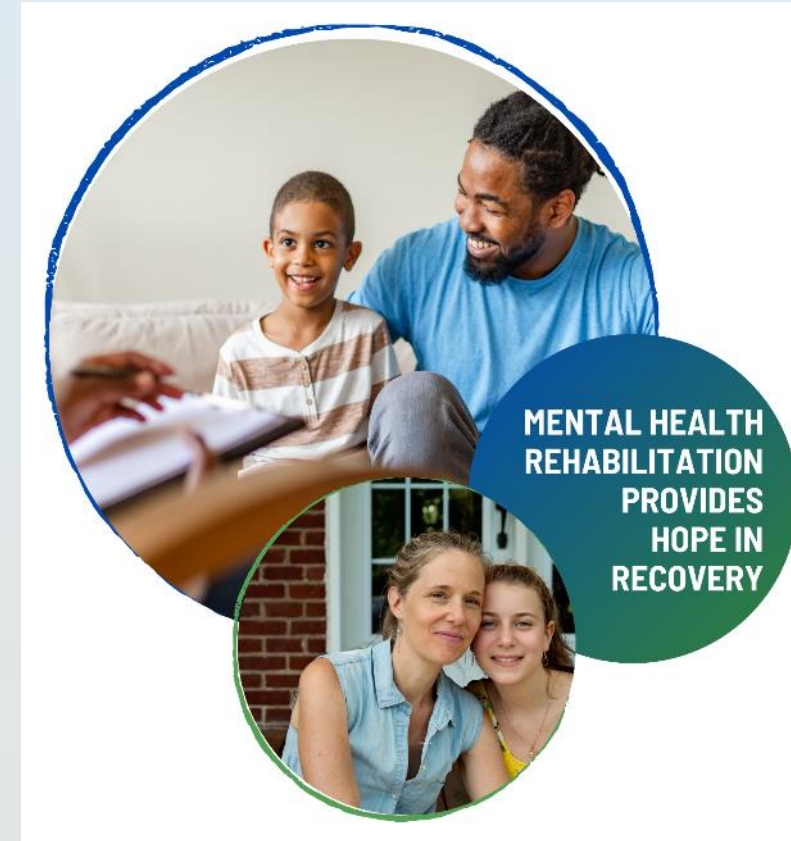
➤ Lindsey Mercante
www.LRMHA.com



What is MHR?

(MENTAL HEALTH REHABILITATION)

- MHR is one behavioral health provider type within Louisiana's Medicaid system.
- A medically necessary, community-based mental health program for people with serious mental illness who require intensive, extended services.
- Designed to improve an individual's role and functioning in an environment so they can thrive and recover.
- Has been an optional service under Medicaid since the 1980s.
- Services were revamped during the 2022 legislative session.
- Plays an important role in the continuum of care for Louisianans with serious mental illness.



MHR Members



- Are Medicaid recipients including children, adolescents, and adults
- Represent diverse populations
- Experience depression, bipolar disorder, schizophrenia, behavior issues, mood disorders, impulse control disorders, anxiety, anger, etc
- Face numerous challenges including mental illness, unstable housing, limited supports, medication non-compliance, crises that hinder their ability to live in and contribute to their community
- Are at the greatest risk of being placed in psychiatric hospitals and group homes, incarcerated, unable to complete school or keep a job, develop substance abuse problems, or care for their own children
- Are typically those with the highest level of need with the least amount of resources

MHR Agencies

- Are licensed pursuant to La. R.S. 40:2151
- Must maintain accreditation by CARF, COA, or TJC
- Core staff includes:
 - Medical Director/Clinical Director
 - Administrator
 - Clinical Supervisor, and
 - Nursing Staff
 - Licensed Mental Health Professionals
 - Provisionally Licensed Mental Health Professionals
 - Bachelor & Master level staff



MHR Services

MHR services are provided as part of a comprehensive specialized psychiatric program.

Services are delivered in a client's natural environment to promote the maximum reduction of symptoms and restoration to a person's best age-appropriate functional level.



01 Psychiatric Evaluations

02 Medication Assessment & Management

03 PSR & CPST

04 On-call Crisis Services

CPST & PSR

Two of the primary services include
Community Psychiatric Supportive Treatment (CPST)
&
Psychosocial Rehabilitation (PSR).

CPST & PSR services may be provided in the:

- Home
- Facility
- Community
- School
- Most therapeutically appropriate and beneficial location to the individual
- Telehealth (CPST only)

The intensity, frequency, and duration of these services are individualized.



CPST

Community Psychiatric Support and Treatment is a goal-directed support and solution-focused intervention that focuses on reducing the disability resulting from mental illness, restoring functional skills of daily living, building natural supports, and identifying person-centered goals or objectives. Services are provided individually.

Components:

- Counseling,
- Clinical psycho-education,
- Ongoing monitoring of needs.

Delivered by:

- LMHPs,
- Provisionally Licensed Professional Counselor (PLPC),
- Provisionally Licensed Marriage & Family Therapist (PLFMT),
- Licensed Master Social Worker (LMSW),
- Certified Social Worker (CSW),
- or a Psychology intern from an APA approved internship program.

PSR

Psychosocial Rehabilitation services are designed to assist the individual with compensating for or eliminating functional deficits and interpersonal and/or environmental barriers associated with their mental illness. Services must be manualized or delivered in accordance with a nationally accepted protocol. PSR is directed toward a particular symptom and works on increasing or reducing a particular behavior. Services are delivered individually or in a group.

Components:

- Skills building,
- Supporting the restoration & rehabilitation of social and interpersonal skills,
- Supporting the restoration and rehabilitation of daily living skills.

Delivered by:

- Individuals with a Bachelor's Degree in the field of *counseling, social work, psychology, sociology, rehabilitation services, special education, early childhood education, secondary education, family & consumer sciences, criminal justice, or human growth and development*
- Individuals with any Bachelor's Degree with a minor in *counseling, social work, sociology, or psychology*
- All non-licensed individuals are supervised by LMHPs.

MHR Outcomes

- ❖ Stabilization of acute symptoms of illness
- ❖ Assist individuals in coping with the chronic symptoms of their illness
- ❖ Improved school and work performance
- ❖ Reduction in out of home placements
- ❖ Restoration of positive family/caregiver relationships
- ❖ Prosocial peer relationships
- ❖ Community connectedness & social belonging



John



- An 8-year-old male w/ Disruptive Mood Dysregulation and ADHD was referred by his Pediatrician.
- Presenting issues: he will self harm such as biting himself, is easily angered especially when he does not get what he wants, has run away from school, unable to be successful in the classroom educationally (failing grades) and behaviorally (impulsive out of his desk, runs around the classroom), very friendly, and is able to socialize well with his peers.
- Worked on skill-building exercises for eliminating his impulsive behaviors, learning relaxation techniques to decrease his frustrations, and increasing his ability to pay attention in class leading to fewer redirections needed to address it.
- Worked with John's family on recognizing triggers, communication skills, setting boundaries, how to resolve issues without escalation.
- John was in the program for 9 months.
- He is now able to stay in the classroom a full day instead of 2 hours and is making passing grades. John's anger episodes have lessened in intensity and duration by 85%. He has eliminated his self-harming behavior and is able to express his anger with words, not physical actions.

Jane

- A 25-year-old female with Major Depressive Disorder, Anxiety, and ADHD was referred by her Primary Care Physician.
- Presenting issues: constantly wanting to sleep, withdrawing socially from others, unable to maintain employment, living with parents, lack of motivation, lack of hygiene, and inability to organize her thoughts. Previous hospitalization.
- Worked on increasing her social contacts and support by improving her social skills, practiced relaxation techniques for going out in public settings, developed a daily routine to include hygiene care, assisted her in increasing her ability to focus on tasks till completed, and increased her communication skills to be able to readily communicate her feelings to others.
- Jane was in the program for 1 year and 5 months.
- She is now able to maintain employment and recently moved into her own apartment. She socializes with her peers at least once a week, maintains her hygiene well, and she only sleeps 6-8 hours per day.

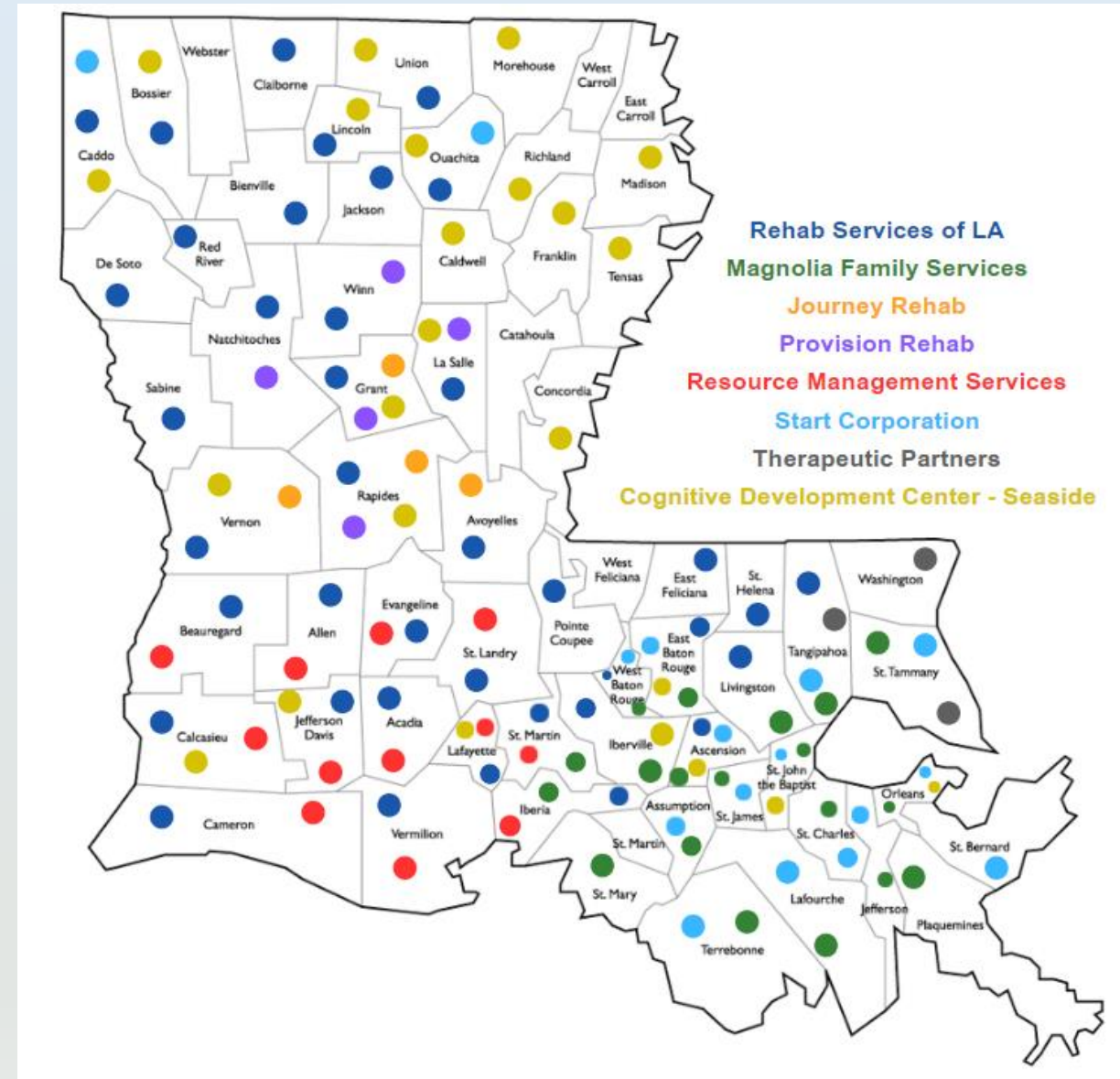


MHR Across the State

Located throughout the state & serving the most rural areas, LRMHA members have decades of experience providing high-quality, effective mental health rehabilitation services to those with serious mental illness in their homes & communities.

Serve an area not represented by an LRMHA member? No worries.

Reach out & we'll connect you to a quality MHR provider.



A person is walking away from the camera through a field of tall grass towards a bright sunset. The sun is low on the horizon, creating a strong lens flare and silhouetting the person. The sky is a mix of orange, yellow, and light blue.

“Recovery is a journey of healing and transformation enabling a person to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.”

National Consensus Statement on Recovery

Reach Out



Lindsey Mercante
Advocacy Coordinator



Katie Corkern
Executive Director

LRMHA hopes to be a resource for you as you seek mental health services for your patients with symptoms of serious mental illness.

www.LRMHA.com



Questions?

We want to hear from you!

<https://www.surveymonkey.com/r/RCYLXYT>



RURAL **HEALTH** WORKSHOP

Break with Exhibitors
2:15 – 2:45 p.m.

