

MHR Services: Myths and Facts

Presented by:

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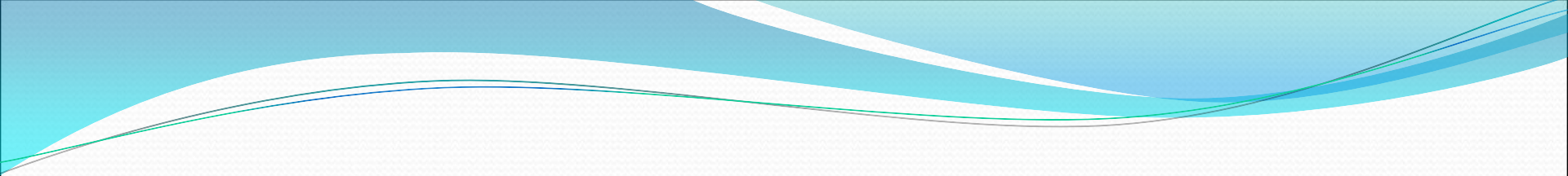
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- Mental health delivery systems:
 - Hospitals
 - Clinics
 - Intensive Outpatient (IOP)
 - Private clinicians
 - Mental Health Rehabilitation (MHR)
- Mode of service
 - Group
 - Individual
 - System (Family, School, Work, etc.)

Most MHRs evolved from the Multisystemic Therapy Model:

- Multisystemic Therapy (MST) is an intensive family- and community-based treatment program that focuses on addressing all environmental systems that impact chronic and violent juvenile offenders -- their homes and families, schools and teachers, neighborhoods and friends.
- MST clinicians go to where the child is and are on call 24 hours a day, seven days a week
- They work intensively with parents and caregivers to put them in control

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- The therapist works with the caregivers to keep the adolescent focused on school and gaining job skills
 - The therapist and caregivers introduce the youth to sports and recreational activities as an alternative to hanging out



After 30 years of research and 18 studies, MST repeatedly has been shown to:

- Keep kids in their home, reducing out-of-home placements up to 50 percent
- Keep kids in school
- Keep kids out of trouble, reducing re-arrest rates up to 70 percent
- Improve family relations and functioning
- Decrease adolescent psychiatric symptoms
- Decrease adolescent drug and alcohol use

- What is a MHR?

MHR= Mental Health Rehabilitation

- Mental Health Rehabilitation (MHR) is Medicaid-funded program that offers intensive services to clients who are having emotional and/or behavioral problems severe enough to cause serious impairment in their ability to function. The goal of the program is to improve a client's ability to function in spite of emotional or behavioral issues, to respond well in different life situations, to reduce or prevent psychiatric hospitalizations, to remain employed and, if a child, to increase the chances of the child remaining in school.

- *MHR eligibility:

- Clients must usually be eligible for Medicaid, though some MHRs accept private pay clients
- Clients have an Axis I diagnosis (may be dually diagnosed)
- No dementia present
- Must qualify for a certain level of service
- Must have 6 months of unsuccessful treatment

*Each MHR may have variations on the above.

MHRs Work Within Systems:

- Parents
- Extended Families
- Schools
- Teachers
- Outside Resources

Focus is on service delivery *within* the system.

Roles within MHR's

- MHS - Bachelor Level
- MHP- Master Level Clinician
- LMHP - Licensed individual (LPC, LCSW)
- Utilization Manager – Magellan Liaison
 - Clinical Director
 - Regional Director

Clientele of MHR's

- Usually require medication management
- Usually have multiple stressors:
 - Financial
 - Housing
 - Work-related
 - Transportation
 - Time management
- Usually have received services and are diagnosed
- Usually have limited resources (from lower socioeconomic status and receive Medicaid)

Where do I do Therapy?

- Services are usually delivered in the home, school, and community.
- Home: try to find the most private and comfortable space available.
- School: see if the school has it's own play therapy room or conference room. The school library or other quiet nooks are also a good idea.
- Community: can be anywhere including parks and playgrounds, coffee shops, restaurants, and other local businesses.

Arranging the Therapeutic Environment

- Try to find the most quiet and private area whether at home, school, or in the community.
 - This will help free the client of any distractions that may be around.
- Come prepared with several interventions and supplies.
 - Keep extra copies of worksheets on hand
 - For children and adolescents: build your own travel play therapy kit

Safety

- Be aware of your surroundings at all times (while parking, walking, and while in the home)
- Always locate the nearest exit and try to sit near an exit
- Always keep keys and cell phone readily accessible
- Maintain your vehicle and try not to drive with a low gas tank
- Always keep your car doors locked
- Try to stay in busy and well-lit areas

Safety

- If you feel unsafe at any time- REMOVE YOURSELF FROM THE AREA!
- Never do anything unsafe in order to get the job done
- Call your supervisor in any event you feel something is unsafe for you
 - Ex: shooting in client's neighborhood 2 months ago
- Always have contact schedule that your supervisor/significant other can consult

Choosing a MHR as a Career

- Weigh the Benefits:
 - Health insurance
 - Dental insurance
 - Vision insurance
 - Life insurance
 - Paid holidays
 - Vacation time/PTO accrual
 - Compensation for mileage and cell phone
 - Work cell phone/work computer
 - Look for CARF accreditation

Choosing a MHR as a Career

- Pros:
 - Benefits that meet your needs
 - Scheduling flexibility, especially for MHP's
 - Ability to work extra hours (overtime)
 - Chance to make a real difference
- Cons:
 - High turnover rate
 - Client non-compliance with program
 - No shows/cancellations
 - Regulations for submitting notes/paperwork

Questions?

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