

General Fund-Covered Mental Health Services

If you do not receive Medicaid, you may still receive some mental health services from Macomb County Community Mental Health. This is true if you do not have medical insurance at all, or if your medical insurance does not pay for a service that we provide and that you need to manage your mental illness or developmental disability. These services are funded through the Michigan's General Fund, and are called "General Fund" or "GF" Supported Services.

Remember that **you will not be eligible for all the services listed** — the services you will receive will be based on the severity of your illness or disability. You must meet **medical necessity** criteria for MCCMH services that you receive. Medical necessity means that the service is needed to manage an identified medical issue.

For some services, MCCMH will require that you exhaust other resources before we will fund the service. MCCMH will not pay for services that are available to you from other resources in the community.

If you are receiving MCCMH services funded through the General Fund, we will require you to apply for Medicaid. It is worthwhile for you to apply for Medicaid, since Medicaid covers an array of services that GF cannot provide.

If you are receiving services funded through GF, you will be asked to pay a fee toward the cost of your services. Your fee will be based on your income and allowable expenses. See page 5 for more information about fees.

You should also know that when you receive GF funded services, your grievance and appeal rights are different from those of Medicaid recipients. Read pages 48-51 of this booklet carefully for information about your grievance and appeal rights, or call the Office of Community Relations for help. Any MCCMH service recipient may call the Office of Recipient Rights with questions about your rights while you receive MCCMH services.

If you are receiving MCCMH services funded through MICHild or ABW, the array of services available to you is defined by State requirements for these programs. GF service limitations do not apply to you.

As with other MCCMH service users, after your initial screening with the Access Center, but before your services begin, you may take part in an assessment to find out which services can best meet your needs. You will also take part in a Person-Centered Plan, to determine how and by whom your services will be delivered. Together, your assessment and PCP will determine how, how much, and how long you will receive your services. (See pages 18–22 for more information about person-centered planning.)

Following is a list of the General Fund-covered mental health and developmental disability services that may be available to you.

Emergency and Crisis Services:

Community Inpatient Services: Hospital services may be used to stabilize a mental health condition in the event of a significant change in symptoms, or in a mental health emergency. Community hospital services are provided in licensed psychiatric hospitals and in licensed psychiatric units of general hospitals. Community Inpatient services include evaluation to determine the need for hospitalization or inpatient alternatives.

Crisis Intervention Services are unscheduled individual or group services aimed at reducing or eliminating the impact of unexpected events on mental health and well-being.

Crisis Residential is a short term alternative to inpatient hospitalization provided in a licensed residential setting. Crisis residential services provide medical, psychological, and therapeutic services to stabilize your mental health condition.

Intensive Crisis Stabilization is another alternative to inpatient hospitalization. Intensive crisis stabilization services are structured treatment and support activities provided by a mental health crisis team in your home, in the clinic setting, or in another community setting.

Partial Hospital Services: These services, which may include psychiatric, psychological, social, occupational, nursing, music therapy, and therapeutic recreational services, are typically provided to adults with mental illness or children with serious emotional disturbance in a hospital setting, under a doctor's supervision. Partial hospital services are provided during the day – participants go home at night.

Assessment and Evaluation for Ongoing Services:

Assessment & Evaluation may include a comprehensive psychiatric evaluation, psychological testing, substance abuse screening, and other assessments done to determine your level of functioning and your need for mental health services. Assessment and Evaluation is the information gathering process that helps MCCMH determine if you are eligible for services, and what kind of supports and services you might need.

Health Assessment Services provided by MCCMH may include nursing assessment and professional treatment monitoring of health conditions that are related to or impacted by your mental health condition. Your primary care doctor will treat any physical health conditions that you may have.

Nursing Home Mental Health Assessment and Monitoring: These services include a review of a nursing home resident's need for and response to mental health treatment, along with consultations with nursing home staff. A mental health assessment is required by law for anyone entering a nursing home. The nursing home will help arrange for the assessment.

Occupational Therapy Assessment includes the evaluation by an occupational therapist of your ability to do things you need to do to take care of yourself every day.

Physical Therapy Assessment includes the evaluation by a physical therapist of your physical abilities (such as the way you move, use your arms or hands, or hold your body).

Speech and Language Assessment includes the evaluation by a speech therapist of your ability to use and understand language and communicate with others, and/or your ability to swallow.

Planning, Linking, and Monitoring Services:

Treatment Planning: The development and review of your individual plan of services. Person-Centered Planning (PCP) is the process MCCMH uses to design your plan of services. You can read more about how PCP works for you on pages 17-21 of this booklet.

Supports Coordination or Targeted Case Management: A Supports Coordinator or Case Manager is one of the people at MCCMH who will help you work toward the goals of your Person-Centered Plan (PCP). His or her role is to listen to your goals, and help you find the resources inside and outside MCCMH that will help you achieve them. A Supports Coordinator/Case Manager will help you develop and maintain natural supports, such as family and friends, who can help you achieve your goals, too. Supports coordination/case management can connect you to resources for employment, community living, education, public benefits, and recreational activities. A Supports Coordinator or Case Manager will also work with other systems on your behalf, to make sure that all your services work together smoothly.

Wraparound Facilitation for Children and Adolescents: Wraparound Services are a combined set of services that include treatment and supports custom designed for each family. Wraparound services may be provided by several agencies, working together so that a child with serious emotional disturbance (SED) can remain at home. The facilitator's role is to help pull these services together and make sure they work for the family.

Specialized Mental Health Training, Treatment, or Support Services:

Assertive Community Treatment (ACT): ACT provides basic services and supports essential for persons with serious mental illness to maintain independence in the community. An ACT Team will provide mental health therapy and supports, and medication, as well as help to access services and supports needed to participate in social, educational or vocational activities. ACT services are provided using a team model, in individual homes, in the ACT office, or in other community settings.

Clubhouse Programs: In a Clubhouse, members and staff work side by side to operate the clubhouse and to encourage participation in the greater community. Clubhouses focus on fostering recovery, competency, and social supports, as well as vocational skills and opportunities.

Home-Based Services for Children and Families: Home-based services are provided in the family home or in another community setting. Services are designed for each family, and can include things like individual therapy, family therapy, group therapy, crisis intervention, service coordination, or other supports to the family.

Medication Review and Medication Training: This is the prescribing and monitoring of medicines used to treat your mental health condition, including their effects and the need to change your medicines. When you receive medicines or prescriptions for medicines from MCCMH, we will teach you about how to use them and work out a plan with you to help you keep track of your medicines.

Mental Health Therapy and Counseling for Adults, Children and Families: Includes child therapy, family therapy, individual or group therapy, designed to help improve your functioning and your relationships with other people.

Family Skills Training is education and counseling for families who live with and or care for a family member who is eligible for specialty mental health services. Family skills training provides knowledge and skills needed to meet the challenges of daily life and to strengthen family unity.

Peer-Delivered or Peer-Operated Support Services are run by consumers of mental health services. They may offer help with food, clothing, socialization, housing, and support to begin or maintain mental health treatment. These services include things like Clubhouses and Drop-in Centers.

Peer Specialist Services are activities designed to help persons with serious mental illness in their individual recovery journey and are provided by individuals who are themselves in recovery from serious mental illness.

Prevention Services: These are typically group services designed to reduce the likelihood of need for mental health services in the future. Some examples include mental health education and group-based activities designed to improve individual coping and problem solving skills.

Respite Care Services: Respite provides short-term relief to the unpaid primary caregivers of persons eligible for CMH services. Respite provides temporary alternative care, typically in the family home.

Prevocational and Vocational Services:

Skill-Building Assistance includes supports, services and training to help you participate actively at school, work, volunteer, or community settings, or to learn social skills you may need to support yourself or to get around in the community.

Supported / Integrated Employment Services provide initial and ongoing supports, services and training, usually at the job site, to help adults who are eligible for CMH services find and keep paid employment in the community.

Health and Rehabilitative Services:

Nursing / Health Services include assessment, treatment, and professional treatment monitoring of health conditions that are related to or impacted by your mental health condition. Your primary doctor will treat any other physical health conditions that you may have.

Self-Care Management Training is training provided by an OT or PT to help you learn and maintain basic self care skills such as bathing and dressing, as well as basic home care and meal preparation.

Speech/ Language and Hearing Therapies may include evaluation, treatments, and/or the development of alternative strategies to help enhance your speech, communication, or swallowing.

Therapeutic Activities and Exercises: These may include individual or group PT and/ or OT activities and exercises designed to improve you or your child's physical abilities (such as the way you move or hold your body), and your ability to do the things you need to do to take care of yourself every day.