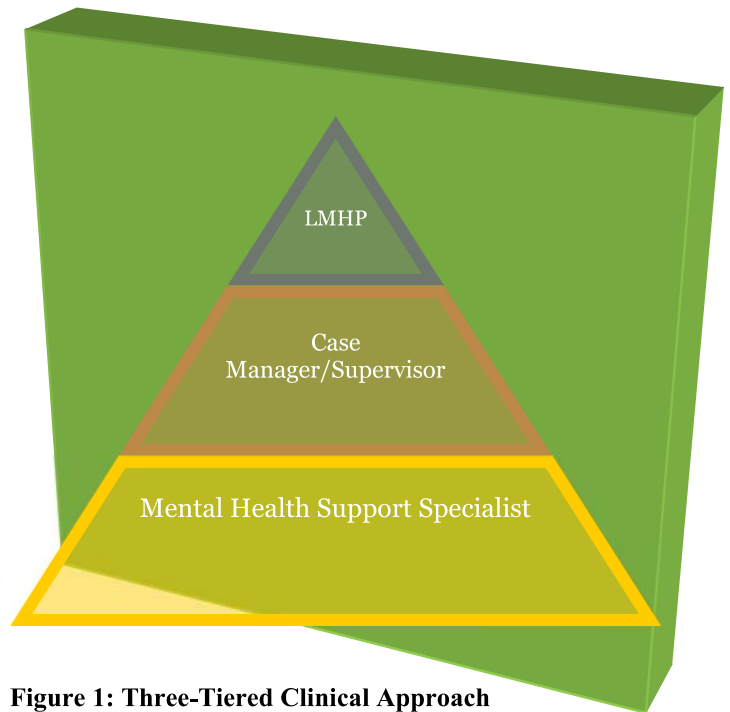


## MENTAL HEALTH COMMUNITY SUPPORT SERVICES

New Directions Community Outreach Services, INC. Mental Health Community Support Service provides effective community based services. This includes training and support to enable individuals age 18 years and older with significant psychiatric functional limitations to achieve and maintain community stability and independence. The treatment focus is on assisting the client with independent living skills, training, and preparation in the least restrictive environment.

Individuals with mental illness are full citizens of the Commonwealth and deserve to be fully integrated into society. However, their strengths and challenges must be assessed and treated. A supportive network with education and resources is important to their quality of life. Our greatest assets are our individualized and family-centered approach and our ability to form strong working relationships with our clients. We believe that mental illness is a biopsychosocial condition and effective treatment must address all the aspects of one’s living environment. We believe that for most individuals, treatment, and recovery works best in a community-based, coordinated system of comprehensive services.

We believe in recovery, self-determination and empowerment. We do this through our three-tier clinical approach. Each client is served by our Mental Health Specialist in their own environment and community. Our Licensed Mental Health Professional (LMHP) provides clinical support and clinical coordination on each case. Through this comprehensive system of care, we are able to offer on-going assessment and evaluation, crisis intervention, and ongoing individual counseling. In our three tier clinical approach, the LMHP conducts comprehensive assessments and establishes viable person-centered service plans. Our Case Manager/Supervisor provides oversight and supervision to the Mental Health Specialist. Our Mental Health Specialist teaches life and job skills, and links residents to appropriate community resources.



**Figure 1: Three-Tiered Clinical Approach**

New Directions Community Outreach Services serves to help each individual realize his/her goals and works with them to achieve independence while fostering dignity and self-respect.

### **SERVICE COMPONENTS**

- Comprehensive Assessments
- Behavior Modification

- Developing & Implementing Individualized Service Plan
- Assist with Social Skills
- Assist with Independent Living Skills
- Teach Basic Life Skills
- Referrals for Additional Services (when needed)
- 24 Hour Crisis Intervention
- Group Support
- Strengthen client towards achieving a self-reliance
- Link with community resources

#### **OUR GOALS FOR MENTAL HEALTH SUPPORT**

- To provide training and support to enable clients with significant functional limitations to achieve and maintain community stability and independence in the least restrictive environment.
- To ensure that appropriate and prompt services are provided and coordinated to each client to meet their housing, mental and physical health, financial, educational, employment, transportation, daily living, social and recreational needs.
- To offer a variety of services that can collectively meet the individual needs of children and families
- To support the recovery, health, or well-being of clients and families to enhance their quality of life.