

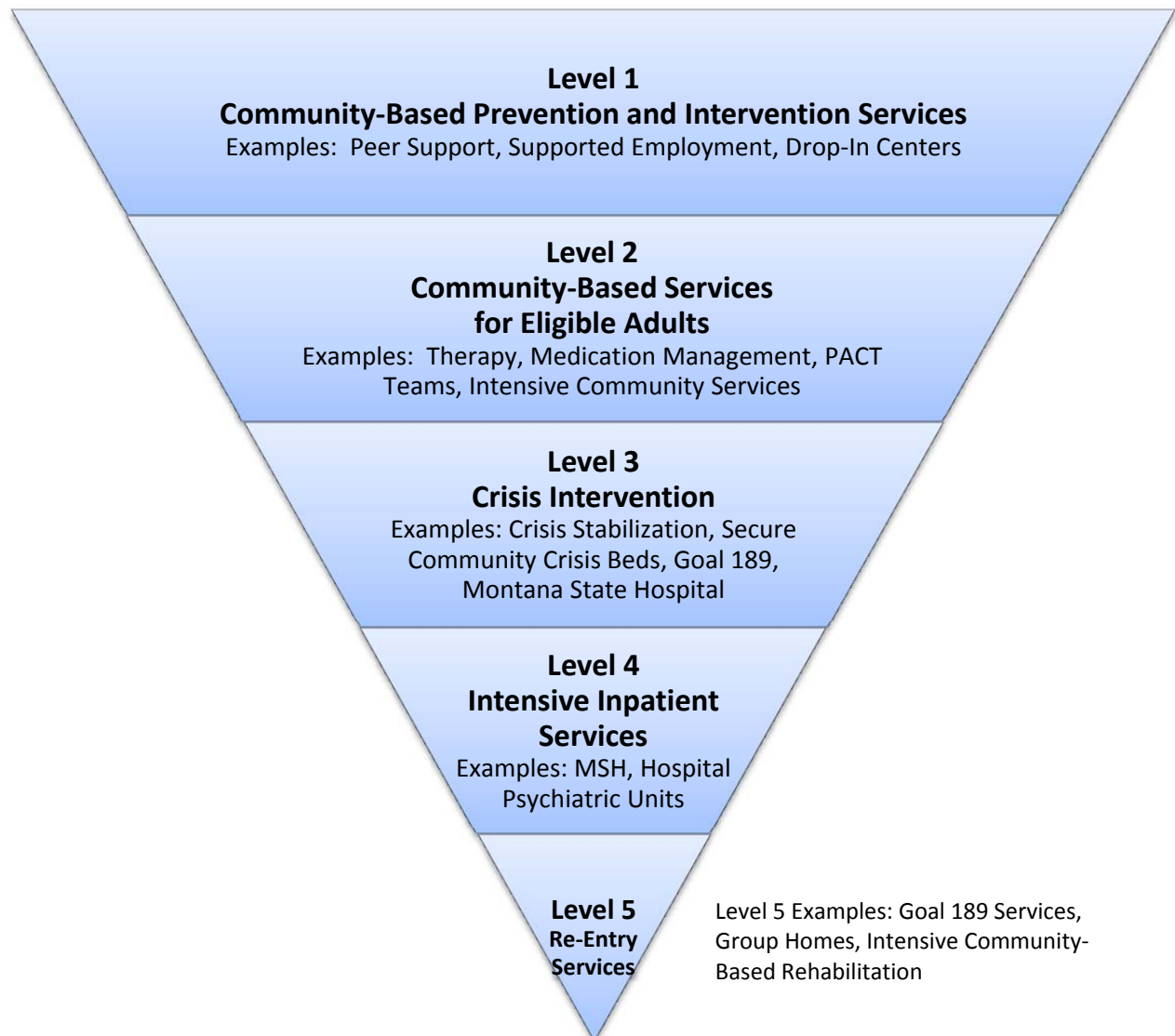
HJR 16 Study: State-Operated Institutions Continuum of Mental Health Services

Prepared for the Children, Families, Health, and Human Services Interim Committee
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Background

Montana's publicly funded mental health system serves about 22,000 adults, with services that range from outpatient programs provided in the community to intensive inpatient treatment provided at the Montana State Hospital to individuals who have been involuntarily committed because they pose a danger to themselves or others.

The inverted pyramid below provides a general overview of the continuum of mental health services and – for purposes of this briefing paper only – describes “levels” of services. Level 1 and Level 2 services are provided in the least restrictive setting possible. As services go up in the level of intensity, the number of people receiving the services decreases and the services are provided in more restrictive settings. The levels are described in more detail on P. 2.



Eligibility for Community Mental Health Services

Most community-based mental health services are provided to individuals who qualify for either:

- the Montana Medicaid program, because they meet income guidelines and are blind, disabled, 65 years of age or older, have dependent children, or meet other eligibility criteria; or
- the Mental Health Services Plan (MHSP), because they are ineligible for Medicaid but have an income at or below 150 percent of the federal poverty level and also have a Severe Disabling Mental Illness (SDMI). To be considered SDMI, individuals must have one of several specific mental disorders and must have experienced at least two out of five specific functional difficulties for at least six months.

A few services are provided to any uninsured or underinsured Montanan if they have a need for the services – primarily crisis intervention, stabilization, and jail diversion services offered through contracts with community providers and through programs developed by counties that have received state grants to develop specific jail diversion or crisis intervention programs.

About the Levels of Services

This briefing paper divides the continuum of services into five general levels and indicates the types of services provided at each level. Following is a brief description of the levels.

- Level 1 includes a range of evidence-based programs that are provided in the community to people with a serious mental illness regardless of eligibility for Medicaid or MHSP. Services include drop-in centers, peer support, and supported employment.
- Level 2 includes community-based treatment services for individuals enrolled in Medicaid or MHSP. Services range from individual and group therapy to medication management to more intensive services, such as Program for Assertive Community Treatment teams and psychiatric rehabilitation services.
- Level 3 includes intensive treatment provided to individuals who are in crisis. These services often are provided in a secure setting to individuals who are under an emergency detention or court-ordered detention or who may be in danger of being involuntarily committed to MSH. Services include crisis stabilization, secure community-based treatment, emergency detention at MSH, intensive services to prevent re-admission to MSH, and Crisis Intervention Team training for law enforcement officers.
- Level 4 includes intensive inpatient services for individuals who pose a danger to themselves or others. Treatment could occur at the Montana State Hospital or a hospital psychiatric unit.
- Level 5 includes intensive outpatient services or supports provided to help individuals successfully return to the community after inpatient treatment and avoid readmission to the Montana State Hospital. Services range from short-term support for expenses related to housing or medication to services such as therapeutic group homes and intensive rehabilitation beds.