

Illinois Department of Human Services
Division of Mental Health

Referrals to Community Mental
Health Agencies

September 2013

Today's Training

1. How DMH defines mental illnesses
2. Basics of the DMH provider system
3. What to do when a mental illness is suspected
4. What happens at the mental health provider agency

A mental illness is ...

- A mental or emotional disorder diagnosis contained in DSM-IV or ICD-9-CM
 - DMH has a list of authorized diagnoses
 - <http://www.dhs.state.il.us/page.aspx?item=32632>
 - The mental health condition must be the primary focus of treatment
- Serious Mental Illness (SMI) designation requires a diagnosis from a limited list **and** a functional impairment

A mental illness **does not** include:

- Organic disorders
 - Dementia
 - Those associated with physical conditions
 - Psychoactive substance induced organic mental disorders
- Mental retardation
- Psychoactive substance use disorders

There are other determinations that the provider agency also must make ...

- *Does the person require immediate (crisis intervention) services?*
- *Is the person willing to participate in a face to face assessment?*

A Vision of Recovery and Resilience

Recovery

- Recovery refers to the process in which persons are able to live, work, learn, and participate fully in their communities.
 - For some individuals, recovery is the ability to live a fulfilling and productive life despite a disability.
 - For others, recovery implies the reduction or complete remission of symptoms.

Resilience

- Resilience refers to personal and community qualities that:
 - enable us to rebound from adversity, trauma, tragedy, threats, or other stresses
 - enable us to go on with life with a sense of mastery, competence, and hope.

Recovery-based services are,
by definition, rehabilitative
in nature

Illinois DMH Service System

...Serves over 165,000 individuals

- Approximately 150 community service providers
- Over 3,000 persons in residential care settings
- 7 State Operated Hospitals
- Over 160,000 individuals receive community outpatient care

Accessing the Illinois DMH Service System

- Individuals may request services directly by contacting any of the DMH-funded providers
- Individuals may be referred by any of the DMH-funded State Operated Hospitals

Possible impairments caused by mental illnesses

- Disruption of thought processes
- Variation in mood

Potential signs and symptoms of mental illness

- Difficulty staying on task
- Responding to internal stimuli
- Inappropriate affect (mood)
- Pressured speech
- Neglect of personal hygiene
- Dress that is inappropriate for the weather

If a mental illness is suspected, **refer** to the appropriate community agency.

You can access information about community agencies at the DHS website at:

<http://www.dhs.state.il.us/page.aspx?item=29728>

Notes About Making MH Referrals

- All community services are **voluntary**
- Agencies will require the individual schedule and complete a face to face appointment for **mental health assessment**
- While a third party may assist the individual in scheduling the assessment, most agencies will need to speak directly with the individual prior to scheduling the appointment

What happens at the Mental Health Provider Agency?

- Mental Health Assessment
 - Comprehensive
 - Diagnostic
 - Prescriptive
- Treatment Plan
 - Road map
 - Person-centered

Community Mental Health Services

- Assertive Community Treatment
- Case Management
- Community Support
- Crisis Intervention
- Psychosocial Rehabilitation
- Psychotropic Medication Services
- Therapy/Counseling

For Further Information ...

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THANKS!