



Mental Health Resource Guide

Understanding the different types of mental health services can be overwhelming. If you, or a loved one, has recently begun struggling with mental health it may be helpful to speak with your primary care provider, or a school social worker/counselor; both can help assess and discuss resources with you. You can receive help in finding mental health resources/providers by calling the number on the back of your insurance card; several insurance companies have mental health care coordinators to assist in finding services in your area that are in-network with your insurance. Another great resource to assist in finding providers is by searching online at psychologytoday.com, where you can find providers near you and narrow your search by adding specifiers such as: the type of therapy offered, age groups the therapist works with, and areas of focus (depression, anxiety, chemical dependency, mood disorders, sexuality...).

Below is a brief guide to community-based mental health resources:

Psychotherapy: out-patient support offered either in-person or via tele-health that occurs (generally) once-per-week for roughly 45-60 minutes. There are several types of psychotherapy including individual therapy, play therapy, trauma-focused therapy, family therapy, and couples therapy. Most therapist have specialties including what types of therapy they provide, and the ages of individuals they work with, which is often listed on their organizations website.

- **Individual therapy** (talk therapy, counseling, individual psychotherapy): Offered to most ages, individual therapy focuses on helping an individual improve their quality of life. There are various modalities used in individual therapy including: cognitive behavioral therapy, narrative therapy, psychoanalytic therapy, and humanistic therapy.
- **Play therapy:** generally appropriate for ages 3-12, that focuses on developmentally appropriate play to help children process and understand the world around them.
- **Family therapy:** works with family members to help improve communication and resolve conflicts.
 - **Multi-systemic Therapy (MST):** intensive in-home support for families caring for youth ages 12-17 who are exhibiting high risk behaviors that may result in out-of-home placement or school expulsion. Therapists generally meet with families in-home, a minimum of 3 times per week, and are available to support families 24-7 for roughly 3-5 months.
- **Couples counseling:** support aimed at helping people in romantic relationships strengthen their relationship.
- **Group therapy:** generally consists of one-two therapists who lead a weekly, 1.5-2 hour groups of 5-15 individuals. Most groups focus on a specific topic such as anxiety, substance use, anger, self-esteem and processing loss.
 - **Dialectical Behavioral Therapy (DBT):** often includes a once-per-week skills group, once-per-week individual therapy, and 24-7 phone coaching that allow the participant to reach out to a program therapist in moments of distress/crisis. Adult and teenage programs are available, often teenage programs also incorporate a parent education component. This program focuses on four specific areas including distress tolerance, interpersonal

effectiveness, emotion regulation, and mindfulness. Some organizations offer non-certified DBT programs that may address similar topics but do not offer the complete program.

- **Trauma-focused therapy:** there are several therapy interventions used to support individuals who have experienced trauma. Most of these are offered through individual therapy by providers who are specially trained in the specific trauma interventions, including but not limited to:
 - Eye Movement Desensitization and Reprocessing (EMDR)
 - Trauma-Focused Cognitive Behavioral Therapy (TFCBT)
 - Accelerated Resolution Therapy (ART)
 - Brain-spotting

Psychiatry/Medication Management Services: psychiatric providers who focus on the medical aspects of treating mental health conditions including prescribing psychiatric medications, ordering and interpreting necessary lab work, and coordinating care with other physicians as necessary.

Psychological/Neuropsychological Evaluations: Both types of evaluations help to gain a deeper understanding of the underlining cause of an individual's struggles and provides an actionable diagnosis. Neuropsychological Evaluations are more in-depth and cover areas including intellectual abilities, memory functioning and assess for diagnosis's including but not limited to attention deficit hyperactivity disorder and autism.

Partial Hospitalization/Intensive Outpatient/Day Treatment: Several organizations offer a version of an intensive outpatient program that may be called day treatment, partial hospitalization, or intensive outpatient programming that involve the client going to the program during the day, and going home in the evening. All of these programs generally include individual therapy, group therapy, medication management, skills work, and may also include educational programming and family therapy for children/adolescents. Partial hospitalization programs generally last the length of a school or work day and run for roughly 3-4 weeks. Intensive Outpatient programming may be all day, or half-day, and generally runs for roughly 6-8 weeks. Day treatment programs usually consist of half-day programming that runs for roughly 4-6 months. Children, adolescent, and adult programs are available. These programs are generally recommended when individual's mental health is greatly impacting their life across multiple settings (school, work, and home). This program may be beneficial to prevent in-patient mental health hospitalization, or as a step down service following in-patient mental health hospitalization.

In-Patient Mental Health Hospitalization (Psychiatric Hospitalization): Acute crisis stabilization that provides psychiatric medication management, psycho education, group therapy and individual therapy, skill building, and symptom management. Lengths of stay are generally 5-10 days. In-patient mental health hospitalization is not intended to address base-line behaviors, and focuses on helping an individual stabilize prior to referring them to out-patient resources. If you or a loved one is in crisis, a crisis line can help assess if you should be seen at an emergency department. While at the emergency department the medical team, often being led by a social worker, will assess if you meet in-patient mental health criteria. If you do meet criteria, you will stay at the hospital, while they work to locate a mental health bed at a hospital that offers in-patient mental health treatment, child/adolescent and adult units are available. If you do not meet criteria, the hospital team will work with you to develop a safety plan and refer you to outpatient resources.

Additional Supports:

- **Crisis Stabilization:** Intensive short-term intervention (generally 8-12 weeks) designed to help support children/adolescents remain in their home and avoid psychiatric hospitalization or other out of home placements. Programs generally include therapeutic services, skill-building, case management, and parenting support and are available to families 24-7 while they are enrolled in the program.
- **Children's Therapeutic Services and Supports (CTSS):** time-limited interventions that use a variety of treatment modalities and combination of services including skills training, psychotherapy, crisis assistance, and may also include early childhood supports to younger children. CTSS services are available to children and adolescents diagnosed with an Emotional Disturbance, or meet criteria for Serious or Persistent Mental Illness. These services are covered by Medical Assistance and pre-paid Medical Assistance plans.
- **Children's Mental Health Case Management (CMHCM):** CMHCM is offered through the child's county of residence and provides the family with a social worker who meets with the family and child on a monthly basis to assess the child's mental health, make referrals for needed services, and monitors the effectiveness of those services. To qualify for this service, the child/adolescent must meet criteria for a Severe Emotional Disturbance. Services can be requested by contacting your county of residence, some counties use outside agencies to provide CMHCM, and will guide you to the appropriate organization.
- **Occupational Therapy (OT):** Therapists work with children, adolescents, and adults with physical injuries, cognitive impairments, psychosocial dysfunction, mental illness, and developmental or learning disabilities to help with concerns that impact their social functioning, learning, playing, and working. Some areas that may be addressed in OT include gross motor skills, fine motor skills, visual perception, sensory processing, self-regulation and behavior, executive functioning, self-care, and social participation.

The National Institute of Mental Health (NIMH, 2021) provides information for activities to help promote mental health:

- Stay connected to friends/family
- Make sleep a priority
- Try a relaxing activity such as meditation, yoga, breathing exercise, muscle realization, or journaling
- Get regular exercise
- Eat Healthy, regular meals and stay hydrated
- Set goals and priorities
- Practice gratitude/focus on positivity