

Common CMH Services Available in Michigan

Eligibility: Any individual who needs help with mental illness, developmental disabilities, emotional difficulties, or substance abuse issues may be eligible for locally-based services or community referrals. Access Center staff located at Community Mental Health (CMH) organizations throughout the state conduct assessments and eligibility screening to evaluate the level and types of services needed. Individuals with qualifying diagnoses and conditions that are enrolled in Medicaid, Healthy Michigan Plan or who are dually enrolled in Medicaid/Medicare can receive services through the local CMH. Those who are privately insured are referred to other providers. To learn more about CMH services available locally, contact the CMH ACCESS call center or visit the Michigan Association of Community Mental Health Boards at: <https://www.macmhb.org/>. Detailed information for each of the following services listed below can be found by visiting: <http://www.mdch.state.mi.us/dch-medicaid/manuals/MedicaidProviderManual.pdf>.

Access/Referral provides people with information and referral about community resources. Access assists with service determination and eligibility and may screen and triage routine and urgent situations. All eligible persons will be linked to appropriate resources and those not eligible will be connected to community resources. (A, DD, C, SU)

Assertive Community Treatment (ACT) provides intensive, long-term community-based case management services to adult consumers with the most severe forms of serious mental illness. ACT is a multidisciplinary team approach to treatment. An individual may have a primary case manager, but all members of the ACT team will provide supports and services as needed, 24 hours per day, seven days per week. (A)

Case Management is one of the core programs available to help an individual to achieve their recovery goals. A person-centered process is used to identify the services and supports that would best support the individual to reach their goals. (A, C) There are five core components to case management:

- Planning and/or facilitating planning using person centered planning principles,
- Developing an individual plan of service using the person-centered planning process,
- Linking to and coordinating with other services,
- Assistance with access to entitlements and/or legal representation, and
- Coordination with health care and other services.

Community Living Supports are intended to facilitate an individual's independence, productivity and promote community inclusion and participation. Support services can be provided in the home or in community settings. (A, DD, C)

Crisis Services are mental health crisis intervention services with a response capacity 24 hours a day, seven days a week. Services are designed to ensure consumer well-being and dignity, community safety, and access to inpatient care for persons experiencing acute episodes of serious mental illness. (A, DD, C)

Enhanced Health Services address health conditions related to the person's mental health or intellectual disability, (A, DD) and may include:

- Applied Behavioral Services are offered to address or ameliorate behaviors that interfere with the consumer's functioning in the community, impede interpersonal relationships, or are harmful to self or others.
- Psychological testing is conducted by a fully licensed or limited-licensed psychologist and includes a pre-testing interview, standardized projective tests, IQ tests, and interpretations of test results. Testing may also be conducted for Probate Court procedures such as guardianship.

Services are identified for population subgroups:

A – Adult; DD – Intellectually/Developmentally Disabled; C – Children; SU – Substance Users.

- Physical Therapy services include assessments of physical therapy needs performed by a licensed physical therapist and professional recommendations for intervention and related equipment needs (e.g., wheelchair assessments and fittings).
- Occupational Therapy services include assessment of occupational therapy needs performed by a Registered Occupational Therapist and professional recommendations for intervention and adaptive equipment needs. Services provided must be beyond the scope of the qualified health plan. The occupational therapists also work closely with the Psychologist in behavior reduction through sensory desensitization interventions.
- Speech Therapy services, including an assessment of speech and language needs, are performed by a certified speech and language pathologist, who provides professional recommendations for intervention, including adaptive equipment needs.
- Nursing services and assessments are performed by a registered nurse for the purpose of identifying a consumer's need for nursing or health-related services and include professional recommendations for treatment.
- Nutritional services include assessments performed by a registered dietician for the purpose of assessing the consumer's past and present nutritional status, nutritional problems, effects of medications on nutritional status, and a recommended course of treatment. Services must be beyond the scope of the consumer's Medicaid health plan.

Fiscal Intermediary Services (or fiscal management agencies) hold individual budget allocations for consumers and pay bills, taxes, and benefits based on approved individual budgets. They provide regular reports to consumers, and relieve consumers of concerns about federal, state and other tax and benefit liabilities. May be utilized by individuals living a self-determined life. (A, DD)

Health Services are typically provided by a registered nurse (RN) and include an initial review of a person's health-related needs and coordination with the individual's primary care physician. Other health services provided include: injections; lab tests; monitoring of medication-related conditions, side effects or reactions; and health education to the individual, family, and care givers. For some individuals with - serious mental health issues and uncontrolled chronic health conditions, the local CMH may become their Medical Health Home. (A, DD)

Home-Based: This is an intensive program reserved for children and families that require a comprehensive array of mental health services. These services are provided by a team and are short in duration. To be eligible, patients must agree to a minimal level of service in their home. (C)

Housing Services provide rental assistance and housing assistance through HUD and SAMHSA grants intended to end and prevent homelessness. Permanent Supportive Housing supports those who are disabled and homeless with Peer Support Services and Community Living Supports that promote housing stability in a safe, decent and sanitary environment. (A, DD)

Individual and Group Therapy are a variety of evidence based practices are available. (A, DD, C)

Infant Mental Health Services: Home-based parent-infant support and intervention services are offered when a parent's life circumstances or the characteristics of the infant threaten the parent-infant attachment — and, by extension, the child's social, emotional and cognitive development. (C)

Peer Support Services are available from certified peer support specialist that use their personal life experience and training to support others to achieve their personal goals of community membership, independence and productivity. (A, C)

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Private Duty Nursing services are available, when medically necessary, if a beneficiary requires continuous skilled nursing care and is either dependent daily on technology-based medical equipment to sustain life or has had frequent episodes of medical instability, requiring skilled nursing assessments, judgements or interventions due to a substantiated progressively debilitating physical disorder. CMH works with client/family to assess need and to enroll client into a Medicaid Waiver program. (DD)

Psychosocial Rehabilitation offers opportunities for mental health consumers to create an ongoing support network between staff, members and the greater community. This program includes a work ordered day, pre-vocational training, supported employment and education, advocacy, peer support and community involvement. (A)

Psychiatric Services are offered to those who would benefit from medication to address a psychiatric condition. (A, DD, C)

- **Psychiatric evaluation** is a comprehensive evaluation, performed face-to-face by a psychiatrist that investigates a consumer's clinical status, including the presenting problem; the history of the present illness; previous psychiatric, physical, and medication history; relevant personal and family history; personal strengths and assets; and a mental status examination. this examination concludes with a written summary.
- **Medication Review** is the process of evaluating and monitoring medications, their effects, and the need for continuing or changing the medication regimen. The service is typically provided by a psychiatrist but on occasion may also be provided by a registered nurse or physician's assistant.

Respite Services are provided to temporarily relieve an unpaid primary caregiver of personal care responsibilities. (DD, C)

Substance Abuse Treatment services are offered for individuals with a Substance Use Disorder who have Medicaid or Healthy Michigan coverage. (SU) Services include:

- **Access, Assessment and Referral** used to determine the need for substance abuse services and assistance in getting to the right services and providers.
- **Outpatient Treatment** includes counseling for individuals and families as well as group therapy in an office setting.
- **Intensive Outpatient** is a service that provides more frequent and longer counseling sessions each week and may include day or evening programs.
- **Methadone Treatment** is provided to people who have heroin or other opiate dependence. Opiate substitution therapy, monitored by a physician as well as nursing services and lab tests, is used. This treatment is usually provided along with other substance abuse outpatient interventions
- **Sub-Acute Detoxification** consists of medically supervised care in a residential setting for people who are withdrawing from alcohol or other drugs.
- **Residential Treatment** is an intensive therapeutic service which consists of overnight stays in a staffed and licensed facility.
- **Recovery Supports** are services primarily designed by individuals in recovery in order to prevent relapse and promote recovery.

Supported Employment Services utilizing an evidence based model provides support to individuals to secure and maintain employment in the community. Services include but are not limited to: job development, job coaching, follow-along support, job carving and equipment purchase(s) that would enable a person to perform a particular job. (A, DD)

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Wraparound: This highly individualized planning process is facilitated by specialized coordinators. A Child and Family Team, with members determined by the family, develops the highly individualized wraparound plan. Children must meet several specific risk criteria to receive wraparound services. (C)

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