

2010 N-MHSS Definitions Packet

Question A4. Mental Health Facility Type

- A4.1 **Individual or small group practice** is an office with only one, or few, independent practitioners or counselors that is not licensed or certified as a clinic or mental health center.
- A4.2 **Psychiatric Hospital** is a facility licensed and operated as a State mental hospital or as a private psychiatric hospital whose primary purpose is to provide inpatient care to patients with mental illness or emotional disturbance.
- A4.3 **Separate Inpatient Psychiatric Unit of a General Hospital** is a general hospital (public or private) that provides inpatient mental health services in at least one separate psychiatric living unit. This unit must have specifically allocated staff and space for the treatment of persons with mental illness. The unit may be located in the hospital itself or in a separate building, either adjacent or more remote, that is owned by the general hospital.
- A4.4 **Residential Treatment Center for Children** is a facility not licensed as a psychiatric hospital, whose primary purpose is to provide individually planned programs of mental health treatment services in a residential care setting for children and youth younger than 18. This type of facility must have a clinical program that is directed by a psychiatrist, psychologist, social worker, or psychiatric nurse who has a master's or a doctoral degree. The primary reason for admission of more than half of the clients is mental illness that can be classified by DSM-IV, DSMIII/DSM-III-R/ICD-9-CM/ICD-10-CM codes, other than the codes for mental retardation, developmental disorders, and substance-related disorders, such as drug abuse and alcoholism.
- A4.5 **Residential Treatment Center for Adults.** A facility not licensed as a psychiatric hospital, whose primary purpose is to provide individually planned programs of mental health treatment services in a residential care setting for adults.
- A4.6 **Outpatient, Day Treatment or Partial Hospitalization Mental Health Facility** is a facility that provides only outpatient mental health services to ambulatory clients/patients for less than 3 hours at a single visit, on an individual, group or family basis, usually in a clinic or similar facility. A psychiatrist generally assumes the medical responsibility for all clients/patients or direction of the mental health treatment. Also can be a facility that provides only partial care mental health services to ambulatory clients/patients in sessions of 3 or more hours on a regular schedule.
- A4.7 **Multi-setting (non-hospital) Mental Health Facility** is a facility that provides mental health services in two service settings (residential and outpatient setting) and is not classified as a psychiatric or general hospital or as a residential treatment center for children with serious emotional disturbance. *(The classification of psychiatric hospital, general hospital, or residential treatment center for children with serious emotional disturbance takes precedence over a multi-setting classification, even if two settings are offered.)*
- A4.8 **Other** refers to any other type of facility or hospital not defined in the categories above. Please choose this category **ONLY** if you are sure that you cannot use one of the above categories.

Question A9. Mental Health Treatment Approaches

- A9.1 **Activity Therapy** includes art, dance, music, recreational and occupational therapies, and psychodrama.
- A9.2 **Behavior Modification** applies learning and conditioning principles to modify overt behaviors, which are those behaviors obvious to everyone, including, the client.
- A9.3 **Cognitive/Behavioral Therapy** is a combination of cognitive and behavioral therapies, helps people change negative thought patterns, beliefs, and behaviors so they can manage symptoms and enjoy more productive, less stressful lives.
- A9.4 **Couples Counseling/Family Therapy** are two similar approaches that use discussions and problem-solving sessions, facilitated by a therapist, to help couples and family members improve their understanding of, and the way they respond to, one another. This type of therapy can resolve patterns of behavior that might lead to more severe mental illness. Family therapy can help educate about the nature of mental disorders and teach skills to cope better with the effects of having a family member with a mental illness, such as how to deal with feelings of anger or guilt.
- A9.5 **Electroconvulsive Therapy**, also known as ECT, uses low voltage electrical stimulation of the brain to treat some forms of major depression, acute mania, and some forms of schizophrenia. This potentially life-saving technique is considered only when other therapies have failed, when a person is seriously medically ill and/or unable to take medication, or when a person is very likely to commit suicide. Substantial improvements in the equipment, dosing guidelines, and anesthesia have significantly reduced the side effects.
- A9.6 **Group Therapy** involves groups of usually 4 to 12 people who have similar problems and who meet regularly with a therapist. The therapist uses the emotional interactions of the group's members to (1) help them get relief from distress and (2) possibly modify their behavior.
- A9.7 **Individual Psychotherapy** focuses on a patient's current life and relationships within the family, social, and work environments through one-on-one conversations. The goal is to identify and resolve problems with insight, as well as build on strengths.
- A9.8 **Integrated Dual Disorders Treatment** provides combined treatment for mental illness and substance abuse from the same clinician or treatment team. Effective integrated treatment programs view recovery as a long-term, community-based process. The approach employs counseling designed especially for those with co-occurring disorders.
- A9.9 **Psychotropic Medication Therapy** uses the prescription and administration of psychotropic medications; assessment of drug effectiveness, efficacy, and risks versus benefits; as well as monitoring and treating side effects.
- A9.10 **Telemedicine Therapy**, sometimes called "online therapy," is the practice of health care delivery, diagnosis, consultation, treatment, transfer of medical data, and education using interactive audio, video, or data communications. Specifically excluded from the definition of telemedicine, however, are telephone conversations and electronic mail messages between practitioners and their patients.

Question A10. Mental Health Services

- A10.1 **Assertive Community Treatment**, a multi-disciplinary clinical team approach, helps those with serious mental illness live in the community by providing 24-hour intensive community services in the individual's natural setting.
- A10.2 **Case Management** helps people arrange for appropriate services and supports through a case manager who monitors the needs of clients/patients and their families and coordinates for a wide variety of services, such as mental health, social work, health, vocational or transportation.
- A10.3 **Chronic Disease/Illness Management (CDM)** is a systematic approach to improving health care for people with chronic disease. Central to most CDM approaches are patient self-management, physician education, and organizational support. Among the variety of strategies employed are case management, continuous quality improvement, disease management (DM) and the chronic care model (CCM).
- A10.4 **Consumer-Run Services** are provided by mental health consumers and include mental health treatment or support services, such as social clubs, peer-support groups, and other peer-organized or consumer-run activities (e.g., consumer satisfaction evaluations of mental health treatment).
- A10.5 **Education Services** locate or provide educational services from basic literacy through a general equivalency diploma and college courses, including special education at the pre-primary, primary, secondary and adult levels.
- A10.6 **Family Psychoeducation** helps consumers and their families and supporters, through relationship building, education, collaboration, and problem solving, to: 1) learn about mental illness; 2) master new ways of managing their mental illness; 3) reduce tension and stress within the family; 4) provide social support and encouragement to each other; 5) focus on the future and 6) find ways for families and supporters to help consumers in their recovery.
- A10.7 **Housing Services** are designed to assist individuals with finding and maintaining appropriate housing arrangements.
- A10.8 **Illness Management and Recovery (IMR)** uses a standardized individual or group format based on five evidence-based practices: 1) Psychoeducation, 2) Behavioral tailoring, 3) Relapse prevention training, 4) Coping skills training and 5) Social skills training.
- A10.9 **Legal Advocacy** are provided to help protect and maintain a client/patient's legal rights.
- A10.10 **Psychiatric Emergency Walk-in Services** have specifically trained staff to provide psychiatric care, such as crisis intervention, in emergency situations. They enable the individual, family members and friends to cope with the emergency while helping individuals function as members of the community to the greatest extent possible.
- A10.11 **Psychosocial Rehabilitation Services**, offered individually or in groups, provide therapeutic or intervention services such as daily and community-living skills, self-care skills training (grooming, bodily care, feeding, social skills training), and development of basic language skills.
- A10.12 **Smoking Cessation Services** include interventions for smokers who want help with stopping including behavioral support or counseling in groups or individually, and/or nicotine replacement therapy.
- A10.13 **Suicide Prevention Services** encompasses identifying risk factors; educating staff on identifying the signs of suicidal behavior using methods to detect risk; and the assessment, intervention, and management of suicidal patients. Hotlines help individuals to contact the nearest suicide prevention provider.
- A10.14 **Supported Employment** services include assisting individuals in finding work; assessing individuals' skills, attitudes, behaviors, and interest relevant to work; providing vocational rehabilitation and/or other training; and providing work opportunities.
- A10.15 **Supported Housing** is independent, normal housing with flexible, individualized supportive services that allow individuals to maintain as much independence as possible.

Question A10. Mental Health Services (continued)

A10.16 **Therapeutic Foster Care** provides treatment for children within the private homes of trained families. The approach combines the normalizing influence of family-based care with specialized treatment interventions, thereby creating a therapeutic environment in a nurturing family home.

A10.17 **Vocational Rehabilitation Services** – These are services that include job finding/development; assessment and enhancement of work-related skills (such as writing a resume or taking part in an interview, attitudes, and behaviors), as well as providing job experiences to clients/patients. It also includes transitional employment.