



Community-Based Programs Welcome Letter

Associated Clinic of Psychology (ACP) is a full-service, multi-specialty mental health group practice. We strive to treat the entire spectrum of mental health needs in our clinic based and community based programs. Clinic based services include individual and relational counseling, group therapy, psychological testing, and medication management.

Today you are meeting with a provider from ACP's community based division. This program includes several different possible service options, depending on medical necessity:

Therapy: ACP provides individual and family therapy. Our staff consists of highly qualified mental health practitioners, licensure track clinicians, and licensed providers.

School Based Therapy:

Through a grant from the MN Department of Human Services, our staff is able to provide school and/or home based therapy to students in partner schools. The grant provides supplemental coverage when services are not covered by insurance or when the client is uninsured. Depending on insurance coverage, we utilize a sliding fee scale based on family size and income to determine financial responsibility. ACP offers payment options based upon eligibility and for those families who are financially stressed.

Adult Rehabilitation and Mental Health Services (ARMHS):

ARMHS is a mental health service intended to support, assist, and educate clients in developing and strengthening skills to enable the ability to manage demands of community-based (independent) living. Services are available to individuals age 18 years or older who have been diagnosed with a mental illness, meet medical necessity, and have insurance coverage of Medical Assistance (MA) or Pre-Paid Medical Assistance Plans.

Your ARMHS practitioner can help you develop skills in the following areas by teaching, modeling and practicing:

- Mental health symptom management
- Household management and organization
- Resource acquisition and utilization
- Interpersonal and communication skills
- Self care skills
- Budgeting
- Job readiness
- Social skills
- Crisis planning
- Relapse prevention

Your ARMHS provider *cannot* provide transportation, hands on housekeeping, grocery shopping/other errands, or services that are considered PCA or ILS in nature.

As part of our ARMHS programming and through a partnership with Genoa Pharmacy, we can assist clients who may benefit from **medication education** (instruction on mental illness and symptoms, the roles and side effects of medications, medication adherence). Speak to your ARMHS practitioner if you are interested in a referral for medication education.

Children’s Therapeutic Services and Supports (CTSS):

CTSS is a mental health service to support children and their families to improve functioning in the home and within the community. CTSS services include individual skills training and family skills training. Services are available to those under age 18 who have been diagnosed with a mental illness, meet medical necessity by determining that the child has lost behavioral skills or failed to develop behavioral skills compared to others of similar age as a result of the child’s diagnosed mental health disorder. In addition, the child must have insurance coverage of Medical Assistance (MA) or Pre-Paid Medical Assistance Plans.

Your CTSS practitioner can help the child and family develop, master and maintain new skills through teaching, modeling, and practicing these skills in session. Parental involvement is encouraged and can lead to enhanced support of the child's ongoing use of the skills to be maintained.

Areas of focus may include: aggression, anger, anxiety, communication, depression, family conflicts, following directions and rules, organization, relating to peers, replacement of maladaptive skills with more functional alternative skills, self-regulatory abilities, and social skills.

Your CTSS provider *cannot* provide transportation, hands-on housekeeping, grocery shopping/other errands, or services that are considered PCA or ILS in nature. In addition, an adult must be present in the home/area of skill training.

What to expect when a community-based referral is made:

- 1) A Diagnostic Assessment (approximately 2 hrs in length) will be done to identify current issues and determine program eligibility.
- 2) If a child is ages 0-6, (and not enrolled in Kindergarten) the Diagnostic Assessment would occur over 2-3 sessions.
- 3) Our goal is a ‘therapy first’ model with the addition of CTSS or ARMHS, as needed, to complement therapy. This is assessed per each individual/family.
- 4) If you qualify for either CTSS or ARMHS, further assessment tools will be completed in the following 1-2 sessions
- 5) When assessments are complete, you will work with your provider to develop a treatment plan. The treatment plan helps to focus services on what you feel would most benefit your mental health needs. The treatment plan is reviewed, updated and signed every 90 days.
- 6) Ongoing sessions are scheduled based on level of need.

If you have questions about any of the services detailed above, please contact our Intake Coordinator at 612-455-8643.