

## **Services Provided by The Right Door for Hope, Recovery and Wellness**

### **24 – Hour Crisis Response and Intervention**

Crisis response, assessment, referral and brief therapy aimed at behavioral health crisis situations. 24-hour on-call staff available to respond to crises can be reached at our 24-hour, toll-free crisis phone 1(888) 527-1790.

### **Access**

Assessment, information and referral services provided to individuals seeking behavioral health services. Masters level clinicians assess the need for treatment and services and provide information and/or referrals to meet the support needs of the individual or family.

### **Assertive Community Treatment (ACT)**

Multidisciplinary services and supports provided to adults with severe and persistent mental illness who require intensive behavioral health interventions to support their continued independence in the community.

### **Applied Behavioral Analysis**

Intensive services provided to children 0-21 years old who are diagnosed with Autism Spectrum Disorder (ASD) and who meet medical necessity criteria. ABA utilizes evidence based intervention to assist children learn age appropriate skills and behaviors. Services commonly address areas including, but not limited to, the following: language skills, social skills, communication, following instructions, peer interactions, following daily routines, self-help and daily living skills, and behavior challenges.

### **Applied Suicide Intervention Skill Training (ASIST)**

*ASIST* is a two-day workshop designed for family, friends, and other community members as they may be the first to talk with a person at risk for suicide. *ASIST* also provides those in formal helping roles with professional development to ensure that they are prepared to provide suicide first aid help as part of the care they provide.

### **Community Inpatient Treatment**

Short-term inpatient hospitalization to assist individuals experiencing a mental health crisis that results in a risk to the health and safety of themselves or others to reach a point of stability that allows them to participate in community based treatment.

### **Community Living Supports**

Assistance and support designed to facilitate an individual's goals of independence, productivity and community participation. Services are provided in an individual's home and in the community, as appropriate based on individual goals.

### **Family Support and Training**

Education, support and training provided to families caring for a relative with a mental illness, serious emotional disturbance or intellectual/developmental disability to assist them with relating to, caring for and/or living with the individual receiving behavioral health services.

### **Functional Behavioral Assessment (FBA) and Behavior Treatment Planning**

A Board Certified Behavioral Analyst (BCBA) uses a variety of different assessment methods (e.g., interviews, observations, ABC data, and functional analyses) to help determine the function of problem behaviors. Behavior plans are then made up of

interventions developed from the results of those FBAs and use function-based interventions. These plans are then carried out by caregivers under monitoring and training from BCBA's.

#### Home Based Services

Intensive services provided to children and their families to support families in meeting their child's developmental needs and to support and preserve the family unit. Family driven, youth guided treatment is provided through a combination of services including but not limited to individual and family therapy, case management, crisis intervention and coordination with other supports. Services are provided in the family home or community.

#### Housing Assistance

Assistance with short-term, transitional or one-time only housing expenses for individuals moving from restrictive settings to more independent settings. Individuals are eligible for housing assistance when other benefits, personal or community resources cannot cover the housing cost.

#### Infant Mental Health

Home-based support and interventions to children birth through ages three designed to promote healthy infant development and parental skills. Interventions work to establish nurturing parent-child relationships, connect families to supportive resources in the community and strengthen parent capacity to provide appropriate care to their child.

#### Integrated Healthcare Coordination

Assistance connecting individuals to primary care providers. Support to both patients and medical providers to ensure behavioral health concerns are not a barrier to high quality health care.

#### Jail Diversion

Case management and community support services to divert individuals with a mental illness or intellectual disability who have committed non-violent crimes from jail.

#### Juvenile Justice Liaison

Based at the juvenile court, the Massachusetts Adolescent Youth Screening Instrument (MAYSI) is used to identify youth at risk for mental illness. Those identified as being at risk are provided with resources and referrals as appropriate to meet the adolescent and family needs.

#### Mental Health First Aid

A training that teaches you how to identify, understand and respond to signs of mental illness and/or substance use disorder. The training is offered to any interested community member.

#### Nursing Home Mental Health Assessment and Monitoring

A comprehensive review and consultation regarding a nursing home resident's need for behavioral health services.

#### Older Adult/Alzheimer-Dementia Support

Services and supports coordinated to help older adults diagnosed with a mental illness or Alzheimer/Dementia live in their homes as long as possible.

#### Outpatient Therapy – Individual, Family and Group

Office-based therapy offered in individual, group and/or family settings. Outpatient therapy is provided to adults, children and families through a variety of approaches and models to best fit the needs of those served.

#### Parent Support Partner

A trained parent support partner, who has or had a child with behavioral health needs, provides education, support and training to parents to assist with the development of skills needed to support their child(ren) to improve in functioning.

#### Peer Support

Peer support services are an evidence-based mental health model of care provided by a Certified Peer Support Specialist who assists individuals with their recovery from mental illness and substance use disorders. Services are based on individual needs and may include support with health navigation, accessing resources and achieving community participation, independence, recovery and resiliency.

#### Psychiatric Care

Evaluation, treatment and monitoring of behavioral health related symptoms that require medication as a part of the treatment.

#### Respite

Respite care provides short-term, intermittent relief to family or other primary caregiver(s) from the daily stress and demands of caring for a child or adult with intellectual/developmental disabilities, severe emotional disturbances, or mental illness who has comprehensive support needs.

#### School-based Outreach

Consultation, assessment, crisis response and referrals provided to children and their families when schools have identified the need for possible behavioral health treatment.

#### Substance Use Assessment and Treatment

Screening, assessment, treatment and referrals focused on reducing or stopping substance use, skill building, adherence to a recovery plan and relapse prevention. Services are provided to individuals, with the intensity of services based on severity of need. Outpatient detoxification may be available for those currently receiving services.

#### Supported Employment

Utilizing the evidence based program, *Individual Placement and Support*, an employment specialist works one on one with individuals seeking employment. Individuals are assisted with developing resumes, building interview skills, connecting with local employers and ongoing training and support once employment is obtained.

#### Targeted Case Management/Supports Coordination

Services include assessment, planning, crisis prevention and intervention, advocacy, coordination and monitoring to assist individuals in gaining access to needed health services, financial assistance, housing, employment, education, social services, and other services and natural supports.

## Wraparound

A strengths-based, intensive family-centered planning process lead by the family and facilitated by a specially trained facilitator. Wraparound services use a team approach including families, community agencies and natural supports in planning and coordination to meet family goals.