



## PROGRAM DESCRIPTIONS

### **CASE MANAGEMENT SERVICES & COORDINATION**

---

#### **Resource Coordination / Enhanced Resource Coordination (Adult Case Management / Intensive Case Management)**

The Resource Coordination Department provides adults with a mental health diagnosis goal-oriented and individualized supports through assessment, planning, linkage, advocacy, coordination, and monitoring activities. The goal of the Resource Coordination Department is to provide services and supports that will enable clients to remain living independently in the community, decrease and/or eliminate hospitalizations and/or incarcerations, and improve the quality of life for individuals we serve. Services provided are based on the Role Recovery Model and client choice. Individuals receiving targeted case management services who reside in the community will receive a minimum of face-to-face contact one time per month, and a home visit or field visit within the individual's natural environment at a minimum of every other month. Enhanced Resource Coordinators will respond 24 hours a day, 7 days a week to the needs of clients. Services are community based and include a minimum of weekly face-to-face visits and home visits every other week to ensure that the home environment is appropriate and safe.

#### **Children's Case Management**

Children's Case Management is a service delivery set within the Intensive Family Services Department, and assists children with serious emotional disturbance and their families in achieving and maintaining the highest level of functioning possible, through client-centered, goal-oriented services. Case Management is a service that enables individuals to obtain appropriate available services with the goal of individual and family stress reduction, stabilization, and promotion of increased client functioning within the community, family, and school.

#### **Homeless Outreach**

The Homeless Outreach program is designed to help identify the treatment and other essential needs of homeless individuals who may have mental health/substance abuse issues and then to link them to services. The Homeless Outreach program provides outreach, screening, crisis intervention, case management, brief supportive counseling, coordination with alcohol/drug treatment, training for the community, supportive services in residential settings, linkage to psychiatric services including medication management, as well as referrals for primary health services, job training, financial assistance, transportation assistance, educational services and relevant housing services. Homeless Outreach services are primarily provided at emergency shelters, soup kitchens, drop-in centers and other areas in the community where homeless individuals are located.

### **OUTPATIENT SERVICES**

---

#### **Adult/Children's Psychiatric Services**

The Adult Medical Department provides psychiatric evaluations and treatment followed by continuous medication management or pharmacotherapy. We can provide short-term solution-focused psychotherapy, typically six to eight sessions, for individuals identified as being in crisis and at high risk for significant decompensation and/or hospitalization. The Child Medical Department provides psychiatric evaluations followed by medication management.

### Children's Outpatient Services

The Children's Outpatient Program (COP) provides a continuum of integrated therapeutic services for children from infancy to late adolescence and their families. Therapists provide individual and family therapy for children and families struggling with a wide range of challenges, from coping with loss or trauma to serious mental illness or substance abuse issues. Staff work collaboratively with the families we serve, as well as others in their support networks, to assess and address their needs. We specialize in assessment and treatment for very young children and provide psycho-educational and skills building groups.

### Adult Outpatient/Enhanced Outpatient Services

The Adult Enhanced Outpatient Program (EOP) and the Adult Outpatient Programs (AOP) provide treatment for mentally ill adults, accepting a variety of diagnoses, including individuals who suffer co-occurring disorders such as a psychiatric disorder and a substance abuse/use disorder. Counselors work with individuals providing therapy services, either in-clinic or in-home, depending on the needs of the individual. Services include individual therapy, group therapy, couples/family therapy, social rehabilitation, psychosocial education, and independent living skills training.

## PREVENTION & DIVERSION SERVICES

---

### Early Childhood Consultation

The Early Childhood Consultation (ECC) Program provides prevention services for children 0 to 5 years of age (and their families and caretakers) who are at-risk for the development and/or intensification of emotional and/or behavioral problems and are in need of more effective parenting strategies. ECC offers five major services to meet the needs of parents and caretakers of children aged 0 – 5 years: In-home parent training and support, large group workshops for parents, training for caretakers and early childhood educators, on-site consultation services to childcare workers/preschool teachers, and outreach by providing resource information, educational materials, and modeling of developmentally appropriate activities.

**To make a referral for any of these services, contact Directions for Mental Health, Inc. at (727) 524-4464.**

### Street Outreach

Street Outreach Services are designed to help identify the treatment and other essential needs of homeless individuals, most particularly those who are chronically homeless and living on the streets. Street Outreach Specialists attempt to place homeless individuals in beds at locations which have appropriate services for mental health/substance abuse issues that contribute to homelessness.

## INTENSIVE FAMILY BASED SERVICES

---

### In-Home On-Site

In-Home On-Site (IHOS) based therapy is a service delivery set within the Intensive Family Services Department. It is primarily designed to assist children and their families who have complex mental health needs in an effort to prevent the need for a more intensive, restrictive behavioral health placement. IHOS provides intensive counseling services in the home, the school, and community settings. Services are client centered and developed with the full participation of the primary client (child), the parent(s)/guardian and all secondary clients (siblings, other relatives) living in the home that support the child in addressing the identified mental health issues, stabilizing overall functioning, and increasing the child's quality of life.

## CHILD/YOUTH SERVICES

---

### Child Safety and Family Preservation

Child Safety and Family Preservation (CSFP) provides in-home protective service supervision, foster care services, and adoption related services for children referred by the Pinellas County Sheriff's Office Child Protection Investigation Division (CPID). Each of the children served by CSFP has been identified by the CPID and/or the Sixth Judicial Circuit Unified Family Court as at-risk of abuse, neglect, or abandonment. The CSFP program provides case management services that help families develop safe and stable family environments free from abuse and neglect.