

RURAL CLINICS COMMUNITY MENTAL HEALTH CENTERS

Briefing for the Legislative Interim
Committee on Healthcare

April 13, 2006

EXHIBIT W Health Care

Document consists of 11 slides

- Entire document provided.
 Due to size limitations, pages _____ provided.

A copy of the complete document is available through the Research Library (775/684-6827 or e-mail library@lcb.state.nv.us). Meeting Date: April 13, 2006

Rural Clinics Overview

- Rural Clinics is a state agency under the Department of Health & Human Services/Mental Health & Developmental Services.
- Responsible for state coverage with exception of Washoe County and Clark County metropolis.
- Ten Satellite Centers
 - Carson Elko Pahrump
 - Douglas Ely Silver Springs
 - Fallon Laughlin Mesquite
- Six Sub-satellite Centers
 - Dayton Lovelock
 - Fernley Battle Mountain
 - Hawthorne Yerington
- Five Itinerant Services Centers
 - Caliente Wendover
 - Moapa Valley Lake Tahoe
 - Tonopah
- Twenty one Center Sites

Mission, Vision, & Philosophy

- **VISION**

The vision of Rural Clinics is to provide comprehensive community-based mental health services to rural Nevada.

- **MISSION**

Rural Clinics endeavors to provide for and enhance the mental health and well being of the rural communities we serve.

- **PHILOSOPHY**

The philosophy of Rural Clinics is to become an integral part of local community support networks.

Our intent is to provide professionally sound support services which are strength based, culturally sensitive and person centered.

The desired outcome is to maximize an individual's independence, functioning and life satisfaction while living in their local community.

Purpose of Rural Clinics

- Rural Clinics is a community-based mental health program that works in partnership with consumers, families, advocacy groups, agencies and diverse communities throughout rural Nevada to provide the highest quality of responsive services and support and informed leadership to ensure person-centered outcomes.
- These services maximize each individual's independence, functioning and satisfaction while ensuring the exercise of individual rights.

Services Provided

- **Individual Therapy**

One-on-one treatment for children, adolescents, and adults who have a Serious Mental Illness or Serious Emotional Disturbance with a Psychologist, Marriage and Family Therapist or a Clinical Social Worker. The focus is on achieving treatment goals to be symptom free and maintain a healthy life.

- **Family Therapy**

Family treatment/intervention for children, adolescents and adults who have at least one individual member with a Serious Mental Illness or Serious Emotional Disturbance. This service is provided by a Psychologist, Marriage and Family Therapist or Clinical Social Worker. The focus of treatment is on achieving treatment goals to stabilize both the individual and family members.

- **Couples/Marriage Counseling**

Treatment for couples where at least one individual has a Serious Mental Illness. This service is provided by a Psychologist, Marriage and Family Therapist or a Clinical Social Worker. The focus of treatment is on achieving treatment goals and stabilizing both the individual and couple.

Services Provided (cont.)

- **Psychosocial Rehabilitation (PSR)**

Skills are taught to those presenting with Serious Mental Illness, who struggle with symptom and medication management, social and communication skills, and activities of daily living. This service is provided either in a group setting or on a one-on-one basis by Psychiatric Caseworkers, Mental Health Technicians

- **Service Coordination/Case Management**

A service provided by trained staff. Its purpose is to help obtain a wide variety of services necessary to accomplish the goals of a client's treatment plan, daily living, and community integration needs. Services often focus on helping clients deal with impairments, remedying and/or reducing symptoms, improving behavior, and increasing potential for recovery.

Such services might include making home visits to monitor treatment plan progress, making arrangements for transportation, assisting in applications for other services and benefits, such as SSI, educating service providers, helping address legal issues, and providing other supportive interventions

Services Provided (cont.)

- **Group Therapy**

This service is provided by trained clinical staff to children, adolescents and adults. Groups are designed to meet specific needs in a group setting such as; social skills, depression management, anxiety management, pain management, and medication management. Types of groups are developed to meet the current needs of the clients.

- **Medication Clinic**

This service is provided by a contract Psychiatrist who does assessments, prescribes and monitors psychotropic medications for the clients. S/he also provides consultation to staff and primary care physicians in the community. Clients are able to receive medications regardless of ability to pay. These medications are obtained by Scholarship Programs through drug companies, Northern and Southern Nevada Adult Mental Health Services, and Rural Clinics.

- **Housing Program**

This service is provided by trained clinic staff to the Chronically Homeless. Its focus is to assist clients in gaining independence by providing them with shelter, food and personal needs, until which time they are able to meet their own needs.

Services Provided (cont.)

- **Consultation and Education Services**

This service makes mental health professionals available to other agencies, programs and services in the community to assist them with program and education issues.

- **Mental Health Court**

This service is provided to individuals who are Seriously Mentally ill and due to the chronic nature of their mental illness are also involved in the legal system. This service makes mental health professionals and trained staff available to the client and court to assure that clients receive the supportive services necessary to assist in their recovery and habilitation.

- **Mobile Crises Services**

This service provides crises services 24 hours a day seven days a week to rural hospitals, law enforcement agencies, schools, and detention facilities.

Direct Care Staff

- 178 positions FY 06 to 198 positions at end of FY 07
- Licensed Psychologists
- Licensed Marriage & Family Therapists
- Licensed Clinical Social Workers
- Licensable Mental Health Counselor I

Staff who provide screening, intake, diagnostic, clinical and crises services.

- Psychiatric Nurses
- Contract Psychiatrists (22)
 - Staff who provide medication services

- Psychiatric Caseworkers
- Financial Resource Specialists
- Mental Health Technicians
- Consumer Services Assistants

- Staff who provide assistance with activities of daily living, assessing community services, housing, transportation, employment, and other supportive interventions.

Funding by Type

- 34% Self Pay (Sliding Scale)
- 32% Medicaid
- 21% Private Insurance
- 13% Medicare

Rural Clinics is a community-based mental health program that provides services to the chronically and persistently mentally ill, regardless of their ability to pay.

Special Thanks

The Department of Health and Human Services,
Department of Mental Health and Developmental Services
and Rural Clinics would like to take this opportunity to
Thank Each of You for your continued support and
proactive stance in improving the access to and quality of
health care services in Rural Nevada.