

# Recovering from Mental Illness in Yourself or a Loved One



*Community Supports & Resources*



# Outpatient therapy options: Not overnight

Provided by mental health professionals, but many programs now have Certified Peer Specialists

## Outpatient Program Options

- Partial Hospital programs
- Intensive outpatient programs
- Assertive community treatment
- Case management
- Drop-in recovery centers

## Outpatient Therapy Options

- Individual therapy sessions
- Couples/marital therapy sessions
- Family therapy sessions
- Group therapy sessions
- Multi-family or multi-couples therapy sessions

*Many different types of these therapies...*



# Types of Therapy

<https://www.psychologytoday.com/us/types-of-therapy>

- Accelerated Experiential Dynamic Psychotherapy (AEDP)
- Acceptance and Commitment Therapy
- Adlerian Therapy
- Animal-Assisted Therapy
- Applied Behavior Analysis
- Art Therapy
- Attachment-Based Therapy
- Bibliotherapy
- Biofeedback
- Brain Stimulation Therapy
- Christian Counseling
- Coaching
- Cognitive Behavioral Therapy
- Cognitive Processing Therapy
- Cognitive Stimulation Therapy
- Compassion-Focused Therapy
- Culturally Sensitive Therapy
- Dance Therapy
- Etc.

# Examples of evidence-based therapies

*See: <https://sbtreatment.com/resources/evidence-based-guide/>*

- Cognitive Behavioral Therapy
- Exposure Therapy
- Functional Family Therapy
- Assertive Community Treatment
- Dialectical Behavior Therapy
- Motivational Interviewing
- FDA-approved Medicines

# Evidence-Based Practices (EBPs)

[https://www.aacap.org/App\\_Themes/AACAP/docs/member\\_resources/toolbox\\_for\\_clinical\\_practice\\_and\\_outcomes/sources/NAMI\\_Handbook.pdf](https://www.aacap.org/App_Themes/AACAP/docs/member_resources/toolbox_for_clinical_practice_and_outcomes/sources/NAMI_Handbook.pdf)

**Evidence-based practices are treatments shown through scientific research to be effective for certain disorders in repeated studies of the same practice and conducted by several investigative teams**

- A comprehensive evaluation to make an accurate diagnosis and rule out underlying medical conditions helps prevent prolonging suffering & causing unnecessary side effects
- After diagnosis, individuals and families are encouraged to learn more about the evidence-based treatments for a particular diagnosis
- However, informed choice is necessary because recommended EBP treatments may conflict with a person's beliefs, may have been tried and failed, or there's a strong intuition that a proposed EBP will not work



# Other Outpatient options: Not overnight

Usually provided by Trained People in Recovery or Family Members

*<https://namimainlinepa.org/>*

- Warm lines
- Peer support groups
- Family support groups
- Educational workshops or courses (*in-person or virtual*)
- Advocacy services (*help when rights are violated or needs not met*)



# Overnight Options: Shorter Stays

- Voluntary vs Involuntary Hospitalization

[https://namimainlinepa.org/voluntary- and-involuntary-commitment-to-inpatient-hospitalization/](https://namimainlinepa.org/voluntary-and-involuntary-commitment-to-inpatient-hospitalization/)

<https://www.legis.state.pa.us/WU01/LI/LI/US/PDF/1976/0/0143..PDF>

- Crisis stabilization centers

- Drug/alcohol detoxification



# Overnight Options: Longer Stays

- Extended hospitalization (extended acute care)
- Residential treatment programs
- Drug/alcohol rehabilitation programs
- Half-way houses



# County 24/7 Crisis Lines

<https://namimainlinepa.org/resources-for-coping-with-preparing-for-and-preventing-a-crisis/>

**Only call 911 if immediate danger of physical harm. Otherwise call your county's 24/7 crisis line from a safe location:**

- Montgomery County: 855-634-4673 (or for children and adolescents 888-435-7414)
- Chester County: 877-918-2100
- Delaware County: 855-889-7827
- Philadelphia County: 215-686-4420
- Bucks County: 800-499-7455  
(or for children and adolescents 877-435-7709)

# Suicide Prevention Hotlines

**These hotlines are meant to help people contemplating suicide, but if imminent risk is determined, crisis teams may be dispatched:**

- 800-SUICIDE (800-784-2433)
- 800-273-TALK (800-273-8255)
- 888-628-9454 (for Spanish speakers)
- Crisis Text Line: 741-741

# Mobile Emergency Teams

<https://namimainlinepa.org/resources-for-coping-with-preparing-for-and-preventing-a-crisis/>

**These teams can come to the location of the crisis situation to assess and find least coercive solutions:**

- Montgomery County: 888-435-7414
- Chester County: 877-918-2100
- Delaware County: 855-889-7827
- Philadelphia County: 215-685-6440
- Bucks County: 215-785-9765

# Other Crisis & Crisis Prevention Resources

- **Psychiatric Advance Directive:** a legal document that documents a person's preferences for future mental health treatment, and allows appointment of a health proxy to interpret those preferences during a crisis. <https://nrc-pad.org/faqs/>
- **Power of attorney:** A medical power of attorney (or healthcare power of attorney) is a legal document that lets you give someone legal authority to make important decisions about your medical care. These decisions could be about treatment options, medication, surgery, end-of-life care, and more. Depending on how this document is worded, it can also make it easier for your "agent" to access your confidential medical information without a signed release form when necessary.
- **Wellness Recovery Action Plan (WRAP):** The WRAP process helps you identify the tools that keep you well and create action plans to put them into practice in your everyday life as well as plan for crises. WRAP helps you incorporate key recovery concepts and wellness tools into your plans and your life. <https://www.wellnessrecoveryactionplan.com/what-is-wrap/>



# Finding mental health services IF you have private insurance, Medicare or can pay out of pocket

*<https://www.psychologytoday.com/us>*

*<https://www.medicare.gov/care-compare/>*

Or contact customer service of your health insurance for more information on your plan & what behavioral health providers accept your insurance



# The Mental Health Parity & Addiction Equity Act of 2008

<https://www.insurance.pa.gov/Coverage/Pages/Mental-Health-Parity-FAQs.aspx>

Consumer Services Bureau Hotline: 1-877-881-6388

**A federal law that requires the same health insurance coverage for mental health and/or substance use disorder (MH/SUD) conditions as patients would receive for coverage of medical/surgical (M/S) services. Historically, health care coverage for MH/SUD treatment was not the same as coverage for M/S conditions.**

**This law was adopted into Pennsylvania law in 2010 as Act 106. Here is what is typically covered under Act 106:**

- Up to seven days of detoxification per admission; four admissions per lifetime (hospital or non-hospital inpatient detoxification);
- A minimum of 30 days of residential treatment services per year; 90 days per lifetime (non-hospital residential);
- Minimum of 30 sessions of outpatient/partial hospitalization services per year; 120 sessions per lifetime (outpatient/partial hospitalization)
- Family counseling and intervention services;
- 30 additional outpatient/partial hospitalization sessions, which may be exchanged on a two-to-one basis to provide 15 additional non-hospital, residential treatment days, are also available.
- These numbers of days or sessions would have to be covered in Pennsylvania, even if the parity law provides fewer days or sessions of coverage. As an example, consider someone needing outpatient alcohol treatment. If the person's group plan limited outpatient treatment for medical/surgical reasons to 20 sessions per year, then under the parity law that plan could have an equivalent 20 session limit on substance use disorder outpatient treatment. However, because of , Act 106, that person would be covered for 30 sessions of outpatient treatment per year.

<https://www.thekennedyforum.org/parity/>

<https://www.paritytrack.org/model-resources/>



# Publically Funded Insurance Plans

- **Medicaid:** a federal and state government program that provide health insurance coverage to Pennsylvanians if they meet state-established income and resource standards and other eligibility requirements. Children with disabilities may also be eligible for Medicaid; in Pennsylvania, enrolling your child in Medicaid provides access to helpful additional services not covered by private insurance  
*<https://www.benefits.gov/benefit/1148>*
- **Medicare:** a federal program that provides health insurance to Americans who are over age 65 or those who are younger than 65 and meet the Social Security Administration's (SSA) standard for long-term serious disability. People with disabilities who are younger than 65 generally must wait two years from the date they were determined to be eligible before their Medicare coverage actually becomes effective  
*<https://www.hhs.gov/answers/medicare-and-medicaid/index.html>*



# Help with Medicaid

*<https://namimainlinepa.org/info-resources/how-to-get-services/>*

*<https://www.compass.state.pa.us/compass.web/Public/CMPHome>*

Chester County	Community Care Behavioral Health	866-622-4228
Delaware County	Magellan Health Services	800-686-1356
Montgomery County	Magellan Health Services	877-769-9782
Philadelphia County	Community Behavioral Health	888-545-2600



# Finding MH services if you have Medicaid & live in Montco

<https://www.montcopa.org/2035/Community-Behavioral-Health-Centers>

Create an Account - Increase your productivity, customize your experience, and engage in information you care about. Sign In



**MONTGOMERY COUNTY**  
PENNSYLVANIA

COVID-19 ADMINISTRATION DEPARTMENTS DOING BUSINESS PARKS, TRAILS, & HISTORIC SITES STAY INFORMED

Explore Montgomery County...

- CHILDREN'S MENTAL HEALTH SUPPORTS AND SERVICES ▶
- YOUTH/TRANSITION AGE/YOUNG ADULTS
- ADULT MENTAL HEALTH SUPPORT AND SERVICES ▶

Home > Departments > Health and Human Services > Program Offices > Mental Health/Dev. Disabilities/Early Intervention > Our Services > Mental/Behavioral Health > Community Behavioral Health Centers

## COMMUNITY BEHAVIORAL HEALTH CENTERS

The local community behavioral health centers cover different parts of Montgomery County. Each CBHC offers services for both adults and children (except in the Abington region, which has separate providers for adults and children's services).



Region	Agency Name and Address	Phone Number
Abington (#464)	Central Behavioral Health (adult services only)	(267) 818-2220

# Finding drug & alcohol services if you have Medicaid & live in Montco <https://www.montcopa.org/1339/Drug-Alcohol>

The screenshot shows the Montgomery County Pennsylvania website. At the top, there is a navigation bar with the county logo and the text "MONTGOMERY COUNTY PENNSYLVANIA". To the right of the logo are links for "COVID-19", "ADMINISTRATION", "DEPARTMENTS", "DOING BUSINESS", "PARKS, TRAILS, & HISTORIC SITES", and "STAY INFORMED". A search bar is located below the navigation bar with the text "Explore Montgomery County...".

The main content area features a breadcrumb trail: "Home > Departments > Health and Human Services > Program Offices > Drug & Alcohol". The page title is "OFFICE OF DRUG & ALCOHOL". Below the title is a section titled "OPIOID OVERDOSE AWARENESS BILLBOARD COMPETITION WINNERS". This section includes a paragraph stating: "This project was a collaboration between the Offices of Drug and Alcohol and Public Health." Below this paragraph are three images of award-winning billboards:

- 1ST PLACE - COLBY SEELIG, 12TH GRADE, NORTH PENN H.S. (Billboard: "THERE IS NO HOPE IN DOPE")
- 2ND PLACE - RYAN PHAN, 9TH GRADE, METHACTON H.S. (Billboard: "DON'T SEAL YOUR FATE WITH AN OPIOID OVERDOSE")
- 3RD PLACE - ALISON FEIGHT, 11TH GRADE, PLYMOUTH WHITEMARSH H.S. (Billboard: "OPIOIDS ARE EASY TO GET INTO. HARD TO GET OUT.")

Below the billboard images is a "MISSION STATEMENT" section. The text reads: "The Office of Drug and Alcohol is committed to the prevention and treatment of substance abuse problems in Montgomery County. Services are delivered in partnership with qualified providers and are guided by a philosophy that embraces hope, respect, and support for recovery." A second paragraph states: "The Montgomery County Office of Drug and Alcohol provides a wide range of drug and alcohol services to county residents in the areas of Prevention, Intervention, Treatment, and Recovery Support."

On the right side of the page, there are two sections: "CONTACT US" and "ADMINISTRATOR". The "ADMINISTRATOR" section lists "Linda Moore-Singleton". Below that is the "MAIN OFFICE" section, which provides the address: "Office of Drug & Alcohol, Montgomery County, Department of Health & Human Services, P.O. Box 311, Norristown, PA. 19404-0311".

On the left side of the page, there is a dark sidebar menu with the following items: "SERVICES", "HOW TO ACCESS DRUG AND ALCOHOL SERVICES", "COMMUNITY INPUT - COUNCIL MEETINGS", "FREQUENTLY ASKED QUESTIONS", "LINKS & RESOURCES", and "NEWSLETTERS".



# Finding mental health services if you have Medicaid & live in Chesco

<https://www.chesco.org/615/Mental-HealthIntellectual-Dev-Disabiliti>

The screenshot shows the Chester County Pennsylvania website. The header includes the county seal, navigation links for Government, A-Z Services, Forms, Explore Chester County, and Espanol, and a search bar. The main content area features a dark blue sidebar with menu items: Infant/Toddlers, Intellectual Disability, Mental Health, Provider Tools, CIT (Crisis Intervention Training), Quality Management, Resources, and About MH/IDD. The main content area has a breadcrumb trail: Home > Government > Departments > Mental Health/Intellectual & Dev Disabilities. The main heading is "Mental Health/Intellectual & Developmental Disabilities". Below this, it states: "In-person meetings are available by appointment only. To schedule an in-person appointment, call 610-344-6265." A section titled "If you or someone you know is experiencing a mental health emergency, call:" lists two options: National Suicide Prevention Lifeline - 800-273-8255 and Locally - Valley Creek Crisis Center at 610-280-3270. A paragraph mentions that County and State elected officials continue working behind the scenes to ensure crucial healthcare services remain in the central, western and southern parts of the County. A box titled "Hospital Closures in Chester County Resources and Information" is present. Below this, it says: "In the short-term, we are sharing information and resources for those impacted by the hospital closures at [chesco.org/hospitals](https://chesco.org/hospitals)". A "Contact Us" section lists Linda Cox, Administrator, with address, phone (610-344-6265), fax (610-344-5997), and an email link. Three buttons are visible: "Are you in Crisis?", "Sign up for our Newsletters", and "Comment/Concern About Rover?". A "Quick Links" section is partially visible at the bottom. A "Now Hiring" banner for Chester County Mental Health/Intell... is also present.

# Finding drug & alcohol services if you have Medicaid & live in Chesco

<https://www.chesco.org/216/Drug-and-Alcohol>

The screenshot shows the Chester County Pennsylvania website. The header includes the county seal, the name "Chester County Pennsylvania", and navigation links for "Government", "A-Z Services", "Forms", "Explore Chester County", and "Español". A search bar is located in the top right corner. The main content area features a dark blue sidebar on the left with links such as "Advisory Council", "Annual Report", "Medication Drop Off Locations", "Newsletter", "PAYS & Planning Data", "School Based Prevention", "Provider Portal", "Resources", "Treatment", "Veterans", and "Videos". The main content area has a breadcrumb trail: "Home > Government > Departments > Drug and Alcohol". The title is "Drug and Alcohol Services". Below the title is a "News & Upcoming Events" section with a list of links: "Employment Opportunity", "We're Hiring!", "Requests for an assessment at CC Prison must be made by a Chester County legal entity.", "LinkTree", "Peer Support Expansion Initiative (PSEI)", "Family Help Book", "Marijuana Talk Kit", "Vaping Guide for Parents", "Vape Tool Kit", "PA Department of Drug & Alcohol Data Dashboard", and "DrugFree.org". To the right of this list is an orange "Español" button with a play icon. Further right is a "Contact Us" section with the name "Vincent H. Brown, Executive Director", address "601 Westtown Rd, Ste 325 West Chester, PA 19380-0990", phone "610-344-6620", fax "610-344-5743", and a "Contact Us" link. Below this is an "Information/Referral" section with the phone number "1-866-286-3767" and the note "(all calls are confidential)". At the bottom right is the logo for the "DEPARTMENT OF DRUG & ALCOHOL SERVICES CHESTER COUNTY, PA". At the bottom left, there is a video player thumbnail for "What is Addiction?" with "Watch later" and "Share" buttons.



# Finding mental health/drug & alcohol services if you have Medicaid & live in Delco <https://www.delcohsa.org/behavioralhealth.html>



The screenshot shows the website for the Delaware County Department of Human Services, specifically the Office of Behavioral Health. The page features a blue header with the department's name and a navigation menu. A search bar is visible on the left. The main content area lists several service categories under the heading "Office of Behavioral Health".

**Delaware County Department of Human Services**

Home | Children & Adolescents | Young Adults | Adults | Intellectual Disabilities | Individual & Community Resources | Contact Us

ENHANCED B'

Department of Human Services

Delaware County Human Services Plan

- Human Services

Fiscal Year 2021/22 Plan

- Human Services

Fiscal Year 2020/21 Plan

County Office of Services for the Aging

## Office of Behavioral Health

- [Mental Health](#)
  - [Adult](#)
  - [Children/Adolescents](#)
  - [Transition Age Youth \(Ages 18-26\)](#)
- [Drug & Alcohol](#)
- [Adult & Family](#)

# Finding mental health services/drug & alcohol service if you have Medicaid & live in Philadelphia <https://dbhids.org/services/>

The screenshot shows the DBHIDS website with a blue header containing navigation links like 'Phila.gov', 'Mayor's Office', and 'City Council'. The main content area is titled 'Services' and includes a breadcrumb trail 'Home > Services'. The text describes the department's mission to provide care for children and adults with intellectual disability, mental illness, and substance abuse. It lists various services like individual and family therapy, group therapy, and crisis intervention. Four circular icons represent 'Mental Health Services', 'Addiction Services', 'Intellectual disAbility Services', and 'Children and Youth Services'. At the bottom, there are contact numbers for a 24/7 helpline and a non-judgmental listening ear service.

Phila.gov Mayor's Office City Council Business Residents Visit Philly Philly311 EMERGENCY (215) 686-4420

DBHIDS  
DEPARTMENT of BEHAVIORAL HEALTH  
and INTELLECTUAL disABILITY SERVICES

HOME SERVICES OUR APPROACH ABOUT US INTERACT PROVIDERS PORTAL

## Services

Home > Services

We provide effective, compassionate care and services for children and adults with intellectual disability, mental illness, and/or substance abuse issues. Working in partnership with individuals, families, and communities, we provide an array of services to help people face the challenges of daily life and take positive steps toward recovery and self-determination.

A vast network of provider agencies offers a full range of treatment options, including individual and family therapy, group therapy, and crisis intervention services to assist individuals and their families in emergency situations. Our services and supports are aimed at promoting resilience, recovery and wellness in children, youth, adults and families.

If you looking for a directory of our services, go to [Network of Care](#). If you are unsure and need assistance about services, call **888-545-2600**.

For more information about our services, see below.

- Mental Health Services
- Addiction Services
- Intellectual disAbility Services
- Children and Youth Services

**NEED HELP?**  
Suicide & Crisis Intervention Hotline: 215-686-4420  
Red Nacional de Prevencion del Suicidio: 888-628-9454

For non-emergencies:  
**Community Behavioral Health's Member Services: 888-545-2600**  
A 24/7 helpline that helps direct people to available behavioral health resources, emergency services and treatment programs.

A non-judgmental "listening ear" operated by trained Certified Peer Specialists for Philadelphia Residents who are experiencing anxiety, depression, loss, stress, and other life challenges.



# Social Security Benefits

*<https://www.ssa.gov/benefits/disability/>*

- Social Security

*Citizens 65 or older who have paid into the social security program*

- Social Security Disability Insurance (SSDI)

*Citizens who are disabled and have recent work history*

- Supplemental Security Income (SSI)

*Citizens who are disabled and have no recent work history PLUS meet asset and income limits*

# Help with Social Security Benefits

*<https://namimainlinepa.org/info-resources/how-to-get-services/>*

- Social Security Hotline: 800-772-1213 (7 a.m.-7 p.m., Monday through Friday)
- If you think your child under the age of 18 may be eligible for SSI, visit <http://www.ssa.gov/disabilityssi/apply-child.html> for links to an application and child disability report, and an overview of the steps in the process.
- If you have an adult child whose disability began before the age of 22, s/he may also qualify to receive benefits on your record:  
<http://www.ssa.gov/planners/retire/yourchildren.html>
- NAMI National offers additional information, helpful advice, and suggestions of organizations that can represent people who are applying for SSDI: [https://namimainlinepa.org/wp-content/uploads/2016/03/SSDI\\_resources.pdf](https://namimainlinepa.org/wp-content/uploads/2016/03/SSDI_resources.pdf)
- Disability Rights Network: 800-692-7443 [www.drnpa.org](http://www.drnpa.org) offers free services to help clients has information about how employment affects government benefits like Medicaid and Medicare.



# Housing

<https://namimainlinepa.org/housing-options-for-people-living-with-mental-illness/>

- Housing Options range from completely independent living to 24/7 care:
  - ✓ Supervised Group Housing: Provides the most support for its residents
  - ✓ Partially Supervised Group Housing: Some support is provided for the residents, but not 24/7
  - ✓ Supported Independent Living: Mobile staff visit people in their own apartments
  - ✓ Rental Housing: This type of housing is for someone who is completely independent or has suitable family support
  - ✓ Owned Housing: Owning a home or living in a home owned by family

- Federal Housing Resources:

[https://portal.hud.gov/hudportal/HUD?%2520src=/program\\_offices/housing/mfh/grants/section811ptl](https://portal.hud.gov/hudportal/HUD?%2520src=/program_offices/housing/mfh/grants/section811ptl)

<http://www.tacinc.org/media/27844/Federal%20Housing%20Programs.pdf>

*Adults needing significant housing supervision & supports may be best served by the public systems, which generally require Medicaid as criteria for eligibility*

# Other Helpful Resources

- **NAMI National & other NAMI affiliates:** [www.nami.org](http://www.nami.org)
- **Mental Health America:** <https://www.mhanational.org/>
- **PLAN of PA (Planned Lifetime Assistance Network):** 610-687-4036 [www.planofpa.org](http://www.planofpa.org) provides fee-for-service case management, representative payee service, personal care planning for the future, special needs trust services.
- **PA Health Law Project:** 215-625-3663 [www.phlp.org](http://www.phlp.org) gives free help to people when their Medicaid and Medicare services are not working well for them. Their website provides helpful information on accessing mental health treatment and getting help with prescription medications.
- **PA Institutional Law Project:** 215-925-2966 [www.pailp.org](http://www.pailp.org) gives legal assistance to consumers in hospitals, prisons, and other institutions.

# Presenter Information

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