

NYSOMH

Mission

The mission of the New York State Office of Mental Health is to promote the mental health of all New Yorkers, with a particular focus on providing hope and recovery for adults with serious mental illness and children with serious emotional disturbances.

As the State Mental Health Authority, the office of Mental Health has two main functions:

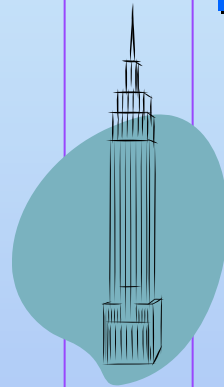
- Assuring access to services of the highest quality for children with serious emotional disturbance and adults with severe mental illness,
and
- Promoting the mental health of all New Yorkers through a public health approach of education and advocacy.

OMH regulates and licenses all mental health facilities and programs throughout the state:

- In addition to the Central office in Albany, There are 5 field offices throughout the state that collaborate with 58 local government units
- More than 2500 mental health programs are operated by local governments and non-profit mental health programs;
- Services offered include inpatient, outpatient, emergency, residential and community supports;
- Each year approximately 588,000 individuals receive services; and
- **NYC has 696 licensed programs.**

New York City Field Office

- 330 Fifth Avenue, Manhattan
- Fifty staff covering Adult and Children's areas within OMH; Anita Appel, Director
 - Children's Services
 - Adult Services
 - Fiscal



- **Adult Services**
 - Licensing
 - Borough Coordinators
 - Housing
 - Adult Homes
 - Recipient Affairs
 - ACT
 - Case Management
 - AOT
 - Forensics
 - SPOA

Adult Mental health services cover a wide range of mental illness diagnoses.

Some examples are:

- Mild to moderate depression or anxiety
- Post-traumatic stress disorder
- Schizophrenia
- Major depressive disorder
- Schizoaffective disorder

OMH Best Practices and Recovery Oriented Services

- Individually defined goals
- Family Psycho-education
- Least intrusive services
- Wellness Self Management - a learning model for recipients managing their illness
- Voluntary except in situations of extreme danger to self or others

Severe & Persistent Mental Illness

Adult Criteria:

- 18 years old or older
- DSM IV psychiatric diagnosis other than alcohol or drug disorders, organic brain syndrome, developmental disabilities, social conditions

AND

- SSI/SSDI for designated mental illness

OR

- Marked impairment of self-care, ADLs, social functioning, concentration or
- 50 or less on GAF scale

OR

- Reliance on psychiatric treatment

Services for Adults

State-Operated Adult Psychiatric Centers

- Five hospitals, one in each borough
- intermediate stay inpatient services
- Oversight by JCAHO

General and private hospitals

- OMH licensed inpatient psychiatric unit
- short stay/acute care
- approximately 2/3 of hospitals with inpatient units provide licensed outpatient mental health services
- comprehensive psychiatric emergency programs (CPEP) at 12 general hospitals

Clinic

- array of treatment services for assessment and symptom reduction or management
- individual, group, and family therapies
- enhance functioning in the community
- services provided by a social worker, psychologist, psychiatrist
- services individualized
- intensity of services and frequency of visits vary

Continuing Day Treatment

- Primarily group modality
- focus on interpersonal skills, community living, self-care skills
- Average attendance several days per week, with visits lasting more than an hour (up to 5 hrs./day).
- psychopharmacology
- Staff: social workers, psychologists, psychiatric nurses, psychiatrists, creative arts therapists
- Team approach

Partial Hospitalization Program (PHP)

- 11 partial hospitalization programs in the NYC region
- short term intensive program (usually 6 weeks)
- designed to stabilize/ameliorate acute symptoms to avoid hospitalization
- intensive treatment, structure and support without inpatient setting
- staff: social workers, psychologists, psychiatric nurses, psychiatrists

Intensive Psychiatric Rehabilitation Program (IPRT)

- Time-limited rehabilitative program
- Assists individuals to choose/obtain specific residential, educational, vocational or social goals)
- specific groups and services related to goals; attendance varies and is often not daily.
- Participants must get medication and therapy elsewhere (usually a clinic)

ACT (Assertive Community Treatment)

- mobile, multidisciplinary clinical team
- comprehensive and flexible clinical treatment, support and rehabilitation services
- Eligibility based on serious mental illness AND
 - inability to utilize other community based services such as a clinic or CDT.
- work with recipients in their homes, neighborhoods, ACT office
- Help and support are available 24/7

Case Management

- provides community-based, client-centered support services to individuals with severe and persistent mental illness
- three levels with varying intensity: Intensive Case Management, Blended Case Management, Supportive Case Management.

Single Point of Access (SPOA)

- ACT and Case Management referrals must go through the Single Point of Access (SPOA)
 - SPOA under contract to not-for-profit, CUCS
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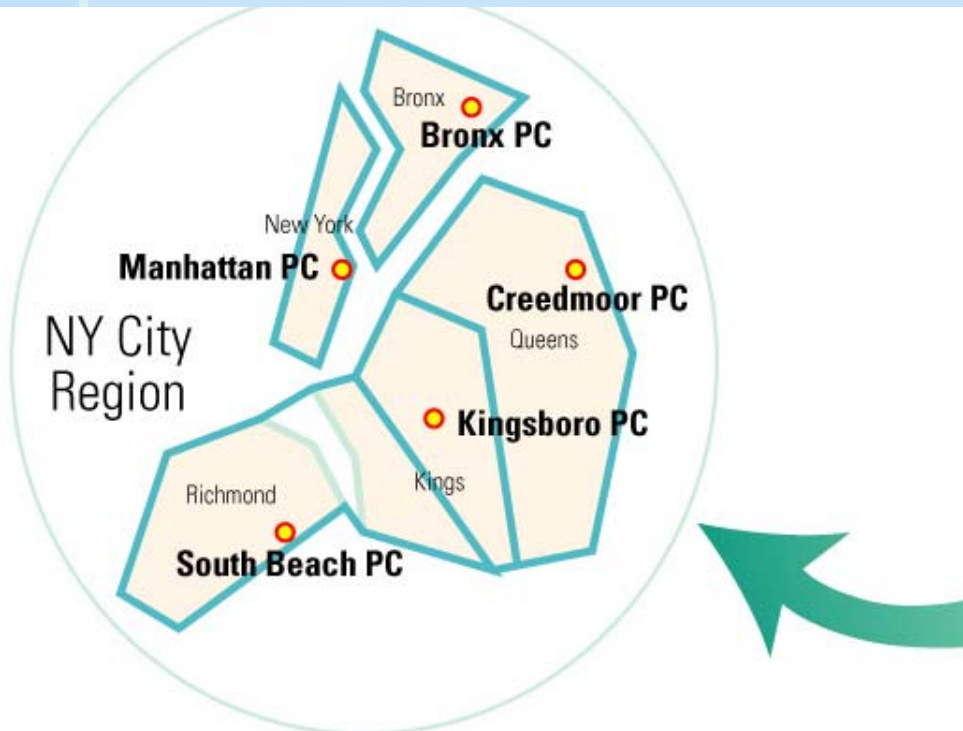
AOT (Assisted Outpatient Treatment)

- **Court ordered**
- [Kendra's Law](#) established new mechanisms for identifying individuals who, in view of their treatment history and circumstances, are likely to have difficulty living safely in the community without close monitoring and mandatory participation in treatment.
- priority access to case management and other existing services.

Residential

- Levels of Supervision
 - community residences,
 - apartment treatment programs
 - CR-SRO, SP-SRO
 - scattered site supported housing
- must be 18 years of age, meet SPMI criteria
- reliance on psychiatric treatment, rehabilitation and supports
- primary diagnosis cannot be a substance abuse disorder or mental retardation.

NEW YORK CITY OMH FUNDED HOUSING



TOTAL OMH **ADULT** BEDS (operating)

Bronx	2,469
Kings	2,947
Manhattan	3,112
Queens	1,930
Richmond	563
Total:	11,021

Non-licensed MH Services

Clubhouses: membership organizations

- focused on key aspects of life such as friendships, family, housing and education.
- Assistance with benefits
- Strong focus on work
- Participation is voluntary.

Assisted Competitive Employment (ACE):

- minimum of pre-vocational preparation.
- ongoing supports and assistance once a person becomes employed

Peer Support Programs

APPLYING FOR SERVICES

- SPOA (Single Point of Access)
 - **ACT** and **CM**: contact CUCS at 212 801-3300 (cucs.org)
 - **Housing**: NYC HRA Placement Assessment & Client Tracking: form 2010 e. Contact a housing specialist at CUCS for details. Must be trained and have access to HRA website to submit an application.
- Outpatient services: 1-800-LIFENET