

HOPE FOR THOSE IN MENTAL HEALTH RECOVERY



Permanent Supportive Housing and Mental Health Recovery Services

MEDICAID FUNDED

Rehabilitative Services

- Behavioral Intervention Services
- Crisis Intervention
- Skills Integration
- Skills Restoration

Targeted Case Management

- Comprehensive Assessment & Periodic Re-Assessment
- Development of Care Plan
- Referral & Related Activities
- Monitor & Follow Activities
- Collateral Contacts
- Services Furnished to Assist with Community Supports

Med Services – Nursing

- Self-Administered Med Program
- Medication Guidance & Education

OTHER SERVICES

Life Skills & Job Development

- Wellness Store
- Job Search Support
- Socialization Activities
- Independent Living Skills

Housing – Income based rent

- **Stern Place** – 9 apartments
- **Harvest Homes** – 12 apartments
- **Harvest Lodge** – 6 Bedrooms (Congregate Living)
 - Dues \$205 – pd to the Lodge Joint checkbook for house supplies & food
 - Fairweather Lodge Program
- **Single Family Dwelling**
 - 1 bedroom

MEDICAID & MEDICAID EXPANSION FUNDED

1915(i) Services

- Care Coordination

ADDITIONAL SERVICES PENDING

Community Connect

- Care Coordination

DEFINITIONS

Rehabilitative Services

Include medical or remedial services that are recommended by a physician or other licensed practitioner of the healing arts within their scope of practice according to state law for maximum reduction of physical or mental disability and restoration of a member to their best possible functional level.

- **Behavioral Intervention Services**
 - Behavioral intervention is a service to identify responsive actions by an individual to stimuli and to develop and facilitate the implementation of an intervention regimen that will reduce, modify, or eliminate undesirable responses. This intervention is a comprehensive rehabilitative service that trains new positive behaviors to replace unwanted behavior through positive reinforcement of the desired behavior (i.e., reducing anxiety through deep breathing, reducing self-harm behavior by reinforcing replacement behavior).
- **Crisis Intervention**
 - Emergency behavioral health therapeutic intervention intended to assist in a crisis situation. Crisis intervention seeks to stabilize the individual's mental state and prevent immediate harm to the individual or others in contact with that individual. Crisis intervention includes facilitating emotion regulation, safety planning, providing support, providing guidance for preventing future crisis, promoting mobilization of emotion regulation skills, implementing order and providing protection. Providers rendering crisis intervention services must be available 24 hours per day, 7 days per week, in the event that the individual needs further follow up services.
- **Skills Restoration**
 - Skills restoration is a time-limited services that assists an individual with restoring needed and desired skills such as daily living/independent living skills to improve the individual's behavioral health diagnoses and symptoms to meet rehabilitation goals. Services are limited to 4 hours per day.
- **Skills Integration**
 - Skills Integration is a service designed to support an individual in the community in their efforts to apply and integrate those life skills that have been learned in their therapy programs. The individual typically requires support for cueing/modelling of appropriate behavioral and life skills in order to maximize their skills and prevent need for higher levels of care. Services are limited to 4 hours per day.

Targeted Case Management

- Comprehensive Assessment & Periodic Re-Assessment
- Development of Care Plan
- Referral & Related Activities
- Monitor & Follow Activities
- Collateral Contacts
- Services Furnished to Assist with Community Supports

Case Managers also provide assistance to clients when applying for:

- Supplemental Security Income
- Social Security Disability Income
- Medical Assistance
- Food Stamps
- Fuel Assistance

Medication Guidance and Education

- A PHMH nurse assists clients with any medical concerns they have.
- Notifies the appropriate medical staff.
- Schedules appointments.
- Arranges for annual physical, dental and vision exams.
- Compiles medical histories for clients.
- Maintains emergency data forms.

Under the self-administered medication program, a Prairie Harvest Mental Health nurse is available on a weekly basis, or as needed, to review, update and educate clients about medications and medical issues or questions.

1915(i) Services

- Care Coordination

Home and Community Based Services under Medicaid.

- Our Care Coordinator uses the person-centered plan of care in supporting the individual with accessing the greater community to meet the individual's overall needs. This includes:
- Ensuring continuity of care including collaborating with existing systems and services.
- Connecting individuals to additional 1915(i) services through the development of the person-centered plan of care.
- Building informal support networks in the individual's community.
- Providing services that are equitable and culturally competent.
- Empowering individuals by upholding practices that promotes individual choice, rights and responsibilities.

Life Skills Program

Promotes a well-balanced and healthy lifestyle to clients who meet the HUD definition of homelessness and would be homeless without services by:

- Teaching individuals how to care for their immediate needs,
- Preparing individuals to care for themselves on a long-term basis,
- Encouraging individuals to remain active through participation in various activities and hobbies,
- Educating individuals, as well as the community, about mental illness.

Prairie Harvest Mental Health clients will be referred to the Life Skills Program. Once they are referred the Life Skills Coordinator will determine what assessments need to take place. Based upon those assessments, the Life Skills Coordinator will plan a program with the help of the client. Services may include:

- Life Skills
- Household Chores
- Meal Planning
- Meal Preparation
- Grocery Shopping
- Hygiene
- Transportation Training
- Budgeting
- Laundry
- Emergency Preparedness
- Organization
- Scheduling
- Social Skills
- Safety Training

Permanent Supportive Housing

Harvest Homes and Stern Place fall under Permanent Supportive Housing which provides supportive housing services to tenants who reside in the property, including 24-hour availability, when appropriate, ensuring tenant needs are met. Each facility is safe and well maintained.

Referrals for Permanent Supportive Housing must come from the local Continuum of Care (CoC) through the coordinated entry process, by which individuals and households facing homelessness are prioritized for housing based on the Coordinated Entry, Assessment, Referral, and Evaluation System's (CARES) Prioritization Policy.

All tenants have access to the services provided by Prairie Harvest Mental Health.

Fairweather Lodge Program:

Harvest Lodge is an affordable peer supported dwelling for up to 6 people who share in running the home, including domestic chores and the purchase and preparation of food. The residents make their own house rules and manage their own activities. Tenants also have access to the services provided by Prairie Harvest Mental Health.

The Lodge program at Prairie Harvest Mental Health is designed to follow the Fairweather Lodge Model. This is a national model developed by Dr. George Fairweather for adults with persistent mental illness. This model is currently implemented in 10 states, including North Dakota. The primary philosophy driving this model is that people that live together and work together can more easily recover and find stability for the long term.