Navigating Systems of Care for Adults with Serious Mental Illness

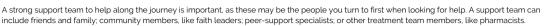


When to seek care

The mental healthcare system can feel difficult to navigate. Barriers such as systemic racial disparities, a lack of diversity among healthcare providers, cultural stigma, and high costs make it hard to access care.

Accessing and finding help when you need it can be difficult. Understanding the different settings that can provide mental health care and what mental health services are available may help.

Where to go





What services to engage

Feelings and situations you may experience People and places that may help Levels of care IMMEDIATE SAFETY AND EMERGENCY SERVICES Active suicidal thoughts or actions CRISIS MEDICAL RESPONSE Active attempts to hurt yourself » 911 or others » 988 » Crisis diversion program A medical emergency, like a » Law enforcement with crisis medication overdose, with an intervention teams imminent threat to life that needs immediate medical attention NATIONAL SUICIDE PREVENTION HOTLINE: 1-800-273-8255 ACUTE CARE SERVICES HOSPITALIZATION A breakthrough of symptoms that » Crisis intervention response Intensive, structured signals a serious mental health crisis » Psychiatric emergency room programs focused on » Hospitalization treatments that provide care Thoughts of suicide, harming self 24 hours/day, 7 days/week for those who need greater or harming others, but not actions assistance. Treatment period A need for immediate evaluation and length of stay may for hospitalization or risk of self-harm range up to a few weeks. or harm to others SUBACUTE CARE TRANSITION SERVICES SERVICES Stabilization services A need for mental healthcare » Intensive outpatient program focused more on services to prevent hospitalization » Partial hospitalization program rehabilitation and or as a transition after » Substance abuse stabilization recovery outcomes to help transition back into society. » Residential treatment facilities hospitalization Treatment period can range up to 6 months. STABILIZATION AND SUPPORTIVE CARE OUTPATIENT SERVICES Structured services focused » Therapy (individual, family, group) on effective symptom » Medication management A need for mental health treatment management and » Social work or community support while long-term stabilization » Self-help groups (peer-support services, maintaining levels of independence while maintaining a normal community-run mental health groups) living situation. » Advocacy (eg, National Alliance on Mental Illness, Mental Health America) » Faith-based organizations (eg, churches) Community Health Equity Alliance COMMUNITY HEALTHEQUITY Janssen **J** Neuroscience MHAZ Houston Area **© NAMI** Greater Houston Urban League ALLIANCE

1 Office of the Surgeon General IUS); Center for Mental Health Services IUS); National Institute of Mental Health IUSI. Mental health: culture, race, and ethnicity: a supplement to mental health: a report of the Surgeon General. Rockville (IMD); Substance Abuse and Mental Health Services Administration IUS); August 2001. Accessed February 1. 2022. https://www.ncbi.nlm.nih.gov/books/NBK44243/ 2. Center for Disease Control. Social determinants of health: know what affects health. Accessed February 1. 2022. https://www.ncbi.nlm.nih.gov/books/NBK44243/ 2. Center for Disease Control. Social determinants of health: know what affects health. Accessed February 1. 2022. https://www.ncbi.nlm.nih.gov/books/NBK44243/ 2. Center for Disease Control. Social determinants/abouthtml 3. Substance Abuse and Mental Health Services Administration. Reacial/Ethnic Differences in Mental Health Service Use among Adults. 2015. 4. Alang. Sirry M. Mental healthcare among blacks in America: Administration Racial/Ethnic Differences in Mental Health Cervices Administration. Place Administration USI. National USI. National USI. National Alliance on Dehavioral health crisics are paracite toolkit. Published 2020. Accessed February 1. 2022. https://www.sambsa.gov/sites/default/ files/national-guidelines-for-behavioral-health-crisics are-0224020.pdf 6. American Association of Community Psychiatrist. Level of Care utilization systems for psychiatric and addiction services. Community Psychiatry. 2010. 7. National Alliance on Mental Illness. Getting treatment Settings Accessed February 1. 2022. https://www.namiorg/About-Mental-Illness/Treatment-Settings Processed February 1. 2022. https://www.namiorg/Bw2020/The-Value-of-Structured-Outpatient-Treatment/Eduting mental health services: a systemic review. Psych Serv. 2013;64:11:10. National Alliance on Mental Illness. Treatment Accessed April 1. 2022. https://www.namiorg/Bw2020/The-Value-of-Structured-Outpatient-Treatment/