Community Mental Health for Central Michigan

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CMH for Central Michigan

• Located in six counties: Mecosta, Osceola, Clare, Gladwin, Isabella, and Midland

• Approximately 430 staff

• Served over 9,000 consumers last fiscal year

• Affiliated with Midstate Health Network as PIHP (funder)
Eligibility for Services

- Severe and Persistent Mentally Ill (SPMI)
- Children with Severe Emotional Disturbance (SED)
- Intellectual/Developmental Disability
- Co-occurring Disorder (Substance Use Disorder and SPMI)
- Some contracted mild to moderate mental illness (McLaren Medicaid only)
Insurance

- Medicaid
- Healthy Michigan Plan
- Traditional BCBS
- Medicare/Medicaid dual insurance
- Private insurance/Medicaid dual insurance for specialty serves only (not covered by private insurance)
- Very limited Medicaid spend-down, Medicare only, or non-insured (based on severity and available resources)
Available Services

- Case Management – available for adults and children
- Outpatient Therapy – available for children/families, adults
- Home-Based Therapy – available for children/families
- Assertive Community Treatment – available for MI adults
- Psychiatry/nursing – available for adults and children
Case Management

- Consumer is seen at least monthly
- Primary focus is assessing needs, linking to available resources, and monitoring services
- Typically a longer-term service
Outpatient Therapy

- Typically a shorter-term service
- Consumers are seen every 1-2 weeks on average
- Individual and group sessions are available
- Treatment goals target specific goals identified by consumer
- Provided mostly by CMHCM staff, with several contracted agencies, primarily in Midland and Isabella Counties
Outpatient Therapy

Multiple Evidence-Based Practices (EBP) available:

- Dialectical Behavior Therapy (adults/teens)
- Cognitive Behavior Therapy (adults)
- Trauma Recovery Empowerment Model (adults/teens)
- Trauma-Focused CBT (children/families)
- Integrated Dual Disorder Treatment (adults)
- PMTO (Parent Management Training-Oregon) (children/families)
- Brief Strategic Family Therapy (children/families)
- Parent Child Interaction Therapy (children/families)
Home-Based Therapy

- Intensive in-home therapy
- Workers provide both intensive therapy and case management needs
- Children/families are eligible for this program
- Caseloads are smaller in order to provide more intensive treatment
- Workers coordinate with community agencies, including schools, DHHS, probation officers, court, and others
- EBPs typically used include BSFT, PCIT, PMTO, and Infant Mental Health; Baby Court and MST in development
- Parent Support Partner is part of team
Assertive Community Treatment

- Intensive case management program for adults with SPMI
- Integrated team that includes case managers, substance abuse specialist, peer support specialist, nurse, and psychiatrist
- Smaller caseload sizes in order to promote frequent contact
- Co-occurring trained team
- EBP is Cognitive Enhancement Therapy (CET)
Psychiatry/Nursing

- Available to all consumers
- Psychiatric evaluations and consultations
- Medication treatment
- Injections, medication set ups/storage available
- Can be short or long-term
- Typically provided in conjunction with another service
Crisis Intervention

- Crisis Mobilization Intervention Team (CMIT)
- Available 24/7
- Provide emergency screenings for psychiatric hospitalization
- Coordinate care/discharge planning during inpatient admissions
- Assist with petition process through the court
- See individuals who are experiencing crisis or distress and do not have or are unable to see primary worker
- Available to any community member
Ancillary Services

- Nurse Care Managers
- Clubhouse
- Autism Assessments and Behavioral Treatment
- Behavior Treatment Committee
- Occupational Therapy
- Jail Diversion
- Integrated Health co-location
- Electronic Monitoring Services
- OBRA evaluations