

Out-patient or in-home mental health and health care services in Perham Health service area:

Perham Health-Sanford Clinic-

Has the following out-patient clinic options for mental health care:

- 1) Psychiatric nurse specialist, Lucy Johnson, is there 1 day per week. Typically for new patient referral, wait time can be several weeks. She also makes nursing home visits 2x/month for residents at Perham Living Nursing Home.
- 2) Psychologist, Gail Pickett 2-3 days/week. Typically for new patient referral wait time can be 4-6 weeks.

Lakeland Mental Health Services

Outpatient mental health care delivery with therapist having office hours in satellite office at Perham 1 day/week. Availability also at office in Detroit Lakes and Fergus Falls.

Mobile Mental Health Crisis Response

Crisis Team serving Clay, Otter Tail and Wilkin Counties through a grant with Lakeland Mental Health Center. Dispatch hours Monday-Friday 4 pm-10 pm, Saturday, Sunday and holidays 1 pm-11 pm. Serve adults, children and families. Will do a crisis assessment and crisis treatment plan and connect to available community resources.

County based mental health services

The ARMHS (adult rehabilitative mental health services) program designed to enable the recipient to develop and enhance psychiatric stability, social competencies, personal and emotional adjustment, and independent living and community skills, when these abilities are impaired by the symptoms of mental illness. Adult rehabilitative mental health services are also appropriate when provided to enable a recipient to retain stability and functioning, if the recipient would be at risk of significant functional decompensation or more restrictive service settings without these services.

An eligible recipient is an MA eligible individual who is age 18 or older; is diagnosed with a medical condition, such as mental illness or traumatic brain injury, for which adult rehabilitative mental health services are needed; has substantial disability and functional impairment in three or more areas, so that self-sufficiency is markedly reduced; and has had a recent diagnostic assessment by a qualified professional that documents adult rehabilitative mental health services are medically necessary to address identified disability and functional impairments and individual recipient goals.

Adult rehabilitative mental health services instruct, assist, and support the recipient in areas such as: interpersonal communication skills, community resource utilization and integration skills, crisis assistance, relapse prevention skills, health care directives, budgeting and shopping skills, healthy lifestyle skills and practices, cooking and nutrition skills, transportation skills, medication education and monitoring, mental illness symptom management skills, household management skills, employment-related skills, and transition to community living services.

The ARMHS program takes a substantial amount of lead time for activation and dependent upon criteria as noted prior.

In patient mental health services for this area were already described on page 6 of our initial application sent to MDH.