ROADMAP TO MENTAL HEALTH WELLNESS

GOALS & STEPS BASED ON YOUNG PERSON SITUATION

SITUATION A: IF YOUNG PERSON HAS LONG-TERM THERAPEUTIC TREATMENT PLANS (Axis I, Psychotic diagnoses)

1. Intake: Review Mental Health Evaluation
2. Intake: identify Risk Factors
3. Develop Safety Plan
4. Obtain HIPPA Consent
5. Assess Weekly: Treatment Plan Compliance
6. Secure New Psychiatric/Psychosocial Evaluations

IF NOT adherent with treatment
- Continue Coaching/Psychoeducation
- Create Safety Plans
- Find Alternate Referrals

IF adherent with treatment, proceed to Situation C: Stable/Functioning

SITUATION B: IF YOUNG PERSON HAS SHORT-TERM THERAPEUTIC TREATMENT PLANS (Situational therapeutic)

1. Intake: Review Mental Health Evaluation
2. Intake: identify Risk Factors
3. Develop Safety Plan
4. Obtain HIPPA Consent
5. Secure New Comprehensive Psych Evaluation
6. Secure out patient referrals
7. Implement treatment plan

Proceed to Situation A: Long-Term Treatment Plans

SITUATION C: IF YOUNG PERSON IS FUNCTIONING/STABLE/HAS NO DIAGNOSIS AND NO PRESENTING SYMPTOMS

1. Intake: Review Mental Health Evaluation
2. Intake: identify Risk Factors
3. Conduct Quarterly UMatter Wellness Assessment
4. Ongoing coaching: Discuss coping skills/tools
5. Follow Crisis and Conflict HUD Curriculum (crisis intervention)
6. Submit incident form for internal DOHMH incident review and debrief

In event of incident