

# **Public Mental Health Services in New York State**

# Major Service Areas

- Emergency Services
- Inpatient Services
- Outpatient Services
- Community Support

# Emergency Services

- Comprehensive Psychiatric Emergency Program (CPEP)
- Mobile Crisis Team
- Crisis Counseling
- Crisis Residences

# Inpatient Services

- Psychiatric Units – General Hospitals
- Private Psychiatric Hospitals
- State Psychiatric Centers

# Outpatient Services

- ACT (Assertive Community Treatment)
- Clinic
- Continuing Day Treatment
- Partial Hospitalization Program
- IPRT (Intensive Psychiatric Rehabilitation Treatment Program)
- PROS (Personalized Recovery-Oriented Services)

# ACT Services

- A mobile team-based approach to delivering comprehensive and flexible treatment, rehabilitation, case management and support services.
- Rather than coordinating services, an ACT team provides services directly to an individual in the community.
- Serves high end users with a lack of engagement in traditional outpatient services.

# Clinic Services

- Assessment
- Health screening and referral
- Verbal therapy
- Medication therapy and education
- Symptom management
- Psych rehab readiness determination and referral
- Case management
- Crisis intervention
- Clinical support services

# Continuing Day Treatment Services

- Medication therapy and education
- Case management
- Rehab readiness development
- Psych rehab readiness determination and referral
- Symptom management
- Supportive skills training
- Activity therapy
- Verbal therapy
- Crisis intervention services
- Clinical support services

# Partial Hospitalization Program

Alternative to inpatient hospitalization which provides active short-term treatment designed to stabilize an individual experiencing acute symptoms.

## Services:

- Health referral
- Symptom management
- Medication therapy and education
- Verbal therapy
- Case management
- Psych rehab readiness determination and referral
- Crisis intervention
- Activity therapy
- Clinical support

# IPRT Services

A time-limited psychiatric rehabilitation treatment program that works with individuals on living, learning, working, and social goals.

Psych Rehab Services:

- Readiness determination
- Goal setting
- Functional and resource assessment
- Skills and resource development
- Support services

# PROS

The goal of the program is to integrate treatment, support, and rehabilitation in a manner that facilitates the individual's recovery.

Services:

- Community Rehab and Support – assists in restoring those skills and supports necessary to live in the community.
- Intensive Rehab – intensively assists individuals in attaining specific life roles such as those related to competitive employment, independent housing and school.
- Ongoing Rehab and Support – assists with symptom management and overcoming functional impairments for integration into a competitive workplace.
- Clinical Treatment – Stabilize, ameliorate and control an individual's symptoms of mental illness.

# Community Support Services

- Case Management
- Residential
- Other

# Case Management

- Intensive Case Management
- Supportive Case Management
- Blended Case Management

# Residential

## Licensed Programs:

- Congregate Treatment
  - Community Residence
    - SOCR, MICA, Geriatric, MI/MR, Non-Specialty
  - CR-SRO
- Apartment Treatment
- Family Care Home

## Unlicensed Programs:

- Supported Housing
  - Non-certified Apartment Programs
  - SP-SRO

# Other

- Vocational
- Psychosocial Club
- Peer-operated Services

# Office of Mental Health Resources

- [www.omh.state.ny.us](http://www.omh.state.ny.us)
- **New York State Office of Mental Health**  
44 Holland Avenue  
Albany, New York 12229  
1-800-597-8481 (toll-free)
- **Central New York Field Office**  
545 Cedar Street  
Syracuse NY 13210-2319  
(315) 426-3930 Fax: (315) 426-3950
- **Hudson River Field Office**  
4 Jefferson Plaza, 3rd Floor  
Poughkeepsie NY 12601  
(845) 454-8229 Fax: (845) 454-8218
- **Long Island Field Office**  
Pilgrim PC, Building 45-3  
998 Crooked Hill Road  
West Brentwood NY 11717-1087  
(631) 761-2508 Fax: (631) 761-2820
- **Western New York Field Office**  
737 Delaware Ave, Suite 200  
Buffalo NY 14209  
(716) 885-4219 Fax: (716) 885-4096
- **New York City Field Office**  
330 Fifth Avenue - 9th Floor  
New York NY 10001-3101  
(212) 330-1650 Fax: (212) 330-6359