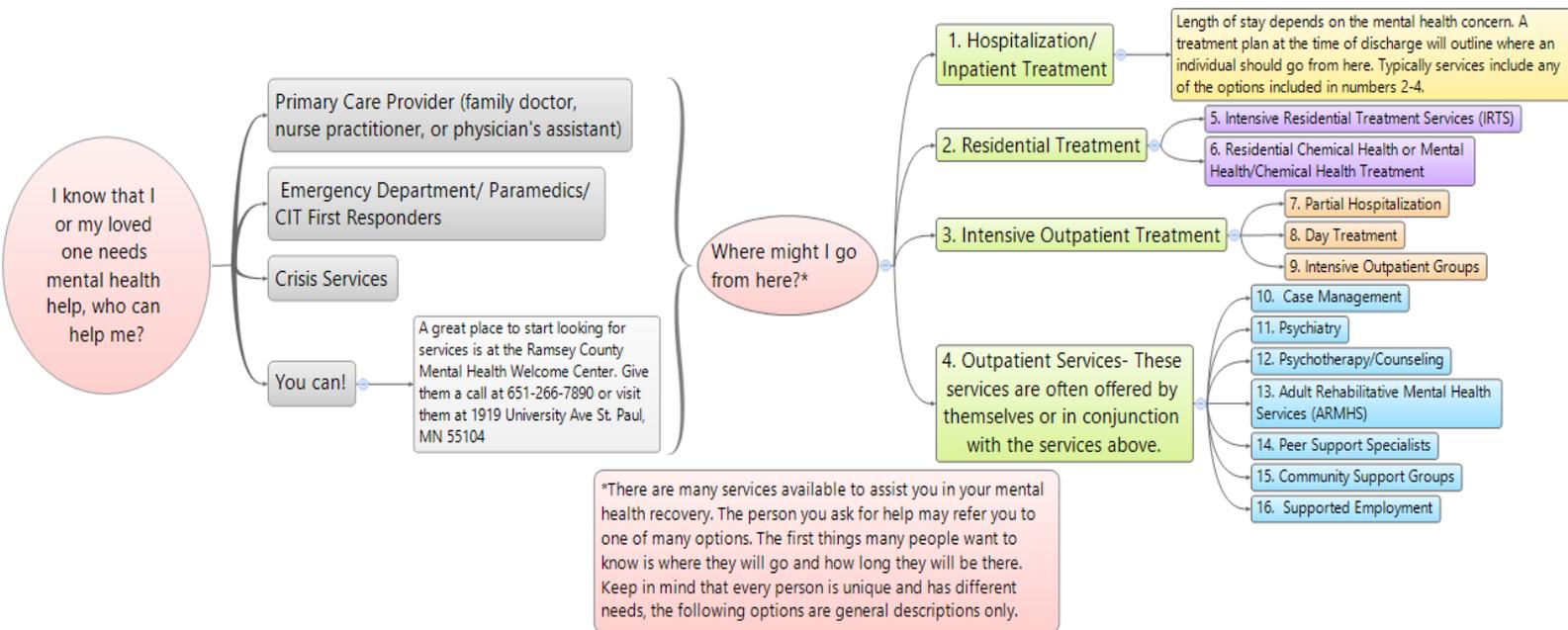


Navigating the System: A Brief Guide to Meeting your Mental Health Needs



Many people utilize mental health services each day. They may seek help for a vast variety of reasons. For example, some people seek mental health treatment because they have been feeling depressed, anxious, or have had thoughts of suicide. Others seek help because their family members have noticed a change in their mood, behavior, or ability to be safe. Because there are so many services available to address mental (and chemical) health concerns, it can be hard to know where to start. The following chart outlines the most common initial entry points in the mental health system (where to get started) and common referrals to additional services. Each service is defined further in the table below.

A few things to note:

- No matter what kind of help you are looking for, remember that you have rights. It's okay (and encouraged) to ask questions! You have a right to know what treatment you will be receiving, how it will be paid for (insurance, state funding, self-pay, etc.), what benefits you should expect, possible side effects of treatment, and what your plan will be once treatment is complete.
- Every time you start a new service or begin with a new provider, expect that they will give you some sort of assessment. This isn't to add to your level of stress or prolonged treatment, the assessment is important in tailoring a treatment to your specific needs.
- Paying for mental health services can be complicated. Insurance pays for most services, but don't be afraid to ask questions. You can call your insurance provider or ask for help talking with your insurance company. If you are in need of insurance, finding a MN Sure navigator/broker can be helpful. You can search for a navigator/broker at <https://www.mnsure.org/help/find-assister/index.jsp> and find someone to meet with you in person to find the most appropriate insurance plan for you.

Definitions of Services and Referral Sources

1. Hospitalization- Inpatient Treatment	When people are hospitalized for mental health reasons, they temporarily live at the hospital with the goal of stabilizing their mental health and developing a long-term recovery plan.	2. Residential Treatment	Housing is provided, typically in the same place that mental health and/or chemical health services are provided. The exact services depend on the type of treatment program.
3. Intensive Outpatient Treatment	For any of the intensive outpatient services, people seeking services typically live at their chosen residence and commute to treatment several (3-5) times per week. Treatment is typically conducted in groups and is combined with other services.	4. Outpatient Services	Outpatient services can be accessed by anyone at any stage of their recovery. For example, someone might start seeing a psychiatrist while hospitalized, and continue seeing that person after they have returned home.
5. Intensive Residential Treatment Services (IRTS)	A type of residential treatment with services focused on symptom management, coping skills, and socialization.	6. Residential Mental/Chemical Health (MI/CD) Treatment	Residential treatment focused on mental health and addiction. Groups focus on triggers, early warning signs and relapse prevention. Treatment lasts approximately 28 days.
7. Partial Hospitalization	A structured program of intensive services (up to 7 days each week for several hours at a time). Patients typically live on their own and commute to treatment during the day.	8. Day Treatment	Less intensive treatment than partial hospitalization. Patients typically attend several hours of therapy a day, several days a week.
9. Intensive Outpatient Groups	Less intensive treatment than partial hospitalization or day treatment. Patients typically attend 1-3 hours of therapy a day, 1-3 days a week.	10. Case Management	Social workers who help patients find, apply for, and sustain appropriate, individualized services to support a healthy living.
11. Psychiatry	Medical doctors, who specialize in treatment of mental health conditions. They prescribe medication and occasionally provide counseling. Many psychiatrists specialize in the type of patients they see (e.g., children, intellectual disabilities, etc.). Psychiatric or Mental Health Nurse Practitioners are also able to prescribe and monitor medication.	12. Psychotherapy/ Counseling	Psychotherapy aims to reduce mental health symptoms and promote overall wellness. This is often done by increasing understanding of mental health problems and making lifestyle changes to promote health. Many specific types are available to treat specific needs and conditions. Psychotherapy can be conducted on an individual or group basis.
13. Adult Rehabilitative Mental Health Services (ARMHS)	A set of services typically provided in a patient's home focusing on activities of daily living that support health, wellness, and recovery.	14. Peer Support Specialists	Individuals who, have personal experience living with a mental health, or chemical health condition. They have specialized training and credentials to offer support to others in recovery.
15. Community Support Groups	Most communities offer a variety of support groups. Examples include grief and loss groups or Alcoholics Anonymous groups. Support groups connect people who share similar experiences.	16. Supported Employment	Individualized support by trained professionals to help patients meet their employment goals. This includes finding satisfying work, balancing employment with mental health needs, and maintaining employment.