

Important Information for Persons With Mental Illness And Their Families or Care Providers



Evidence-Based Practices: *Are They Right for You?*



What are Evidence-Based Practices?

Once it seemed like nothing could help people with serious mental illness. Now we understand that mental illnesses are brain disorders like any other chronic diseases. Today treatments and support services are far more effective than they used to be. There are some relatively new medications that can be very effective in treating symptoms. But it is also important to have other services and supports that help people live successfully in their home community. Some of the best are based on the fact that people with mental illness and emotional disorders can stabilize and recover, and the person with mental illness is often the best one to guide which services will support that recovery.

Most of the services described in this brochure involve *teams* of professionals with a variety of clinical expertise. Together they work with the individual and family in their home and in the community to develop ways to help them manage mental illness, find better ways to cope, gain school or work skills and learn the living skills needed to manage at home.

Some of the ways of providing services described here have been studied for many years and have been proven to create very positive outcomes. These are called **evidence-based practices** because a great deal of research tells us that they are effective.

The Durham Center offers a number of these evidence-based practices through our provider community.

Supported Employment

Supported Employment helps people with disabilities participate as fully as possible in the competitive labor market. Through Supported Employment people can work in jobs they prefer and receive the professional help they need to succeed in employment.

Supported employment programs for persons with mental illness typically provide individual placements in competitive employment, specifically jobs in the community paying at least minimum wage, jobs that any person can apply for. People can choose positions that suit them best, without requiring extended advance training.

Supported Employment provides:

- Commitment to competitive employment
- Rapid job search
- Attention to worker preferences
- Ongoing supports that are maintained as long as they are needed
- Integration with mental health services
- Job placement based on individual choice

Who is Supported Employment designed to serve?

The Supported Employment program helps Durham County citizens who have serious and persistent mental illness and who express a desire to work.



501 Willard Street ♦ Durham NC 27701
www.durhamcenter.org

To learn more about
Evidence-Based Practices:

www.mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/about.asp

To be put in contact with an
Evidence-Based Practice Provider:

Durham Center Access
919-560-7100 or 800-510-9132
24 hours a day

Evidence-Based Practices: Effective Treatments Proven to Bring Positive Outcomes

Assertive Community Treatment (ACT)

ACT is a comprehensive and proactive community-based model for delivering treatment, support and rehabilitation services to adults who have the most severe symptoms of mental illness. The goal of ACT is to help people stay out of the hospital and develop skills for living in the community so that their lives are not controlled by mental illness.

ACT offers customized services related to managing symptoms, housing, finances, employment, medical care, substance abuse, family life and activities of daily living. A team of professionals is responsible for providing the specific mix of services needed by an individual *24 hours a day, seven days a week* for as long as they are needed. ACT provides services in the places where problems arise and support or skills are needed.

Who is ACT designed to serve?

ACT is appropriate for adults with serious and persistent mental illness and one or more of the following issues:

Psychosocial, physical or job-related needs that are too great to be addressed at a lower level of services

High rates of use of emergency rooms, hospitals, jails or other crisis services

Difficulties in sticking to a prescribed medication or treatment plan or a lack of understanding of the illness

Low independent living and social skills

Problems controlling impulses that keep individuals from having a successful community life or that create a risk of the individual harming self or others

Wellness Management and Recovery (WMR)

WMR is a broad set of strategies designed to help people with serious mental illness work with professionals, reduce their susceptibility to the illness and cope effectively with their symptoms. This program strongly emphasizes helping people set and pursue personal goals and putting strategies into action in everyday life. Participants are encouraged to define what recovery means to them and to identify their personal goals and hopes for the future. This program can be offered in an individual or a group setting, generally lasting between three and six months.

The topics covered include:

Recovery Strategies

Practical Facts about Mental Illness

Building Social Support

Using Medication Effectively

Reducing Relapses

Coping with Stress

Who is WMR designed to serve?

This program is designed for people who have experienced the symptoms of severe mental illness, including:

Schizophrenia

Bipolar disorder

Major depression

Integrated Dual-Disorder Treatment (IDDT)

Targets people who have dual diagnoses, in particular serious mental illness together with substance abuse issues, helping them recover by providing services for both diseases *in one setting, at the same time*.

IDDT utilizes medicines, as well as psychological, educational and social supports to address the needs of individuals, family and friends. This can include basic education about the illnesses, case management, help with housing, money management and specialized counseling. IDDT is a comprehensive and long-term approach with hope and optimism as its core beliefs.

What does the IDDT team provide?

Integration of substance abuse and mental health treatment

Staged, motivational or social interventions

Assertive outreach to clients

Individual and Group Counseling

Intensive Case Management

Medication Management

Nursing services

Family Psychoeducation

Who is IDDT designed to serve?

People who have intensive substance abuse/dependency needs coupled with severe and persistent mental illness. Eligibility is determined by:

Qualification for Medicaid

Diagnosis of severe and persistent mental illness and diagnosed substance abuse

Difficulty succeeding in previous treatment services

Family Psychoeducation

Professionals share information about mental illnesses including schizophrenia and schizo-affective disorders to help families develop coping skills for handling problems those illnesses create.

The practitioner, individual and family work together to support recovery with respect for the individual, family and cultural situations and perspectives.

These programs last at least nine months and include useful information about mental illness, crisis intervention, problem solving and family support groups. Families participate in education and support programs and actively participate in the treatment and rehabilitation of their loved one. Included are skills training, ongoing guidance about management of mental illness and emotional support for family members.

Who is Family Psychoeducation designed to serve?

Individuals with schizophrenia or related diagnoses *with family members or supporters invested in the recovery of their family member*