

Individual Skill Development & Enhancement	Medication Management (Non-Prescriber Level)	Psychoeducation (Family & Natural Supports)	Wellness Management & Recovery Services
<i>In general, is more of a “how to...” service supported by staff. Does more step-by-step cuing and prompting.</i>	<i>In general, is to assist a consumer with independently managing and self-administer their own medications</i>	<i>In general, is to provide training and education to family members and natural supports of consumers. (individual psychoeducation will align under WMRS)</i>	<i>In general, is a more advanced service that provides support and understanding to brain/body connections related to symptomology</i>
<ul style="list-style-type: none"> • Communication skills • Interpersonal skills • Problem-solving skills • Decision-making skills • Self-Care/Regulation skills • Conflict resolution skills • Daily living skills: <ul style="list-style-type: none"> ○ Hygiene ○ Household management ○ Financial management ○ Accessing Transportation ○ Shopping ○ Parenting ○ Accessing Community Resources ○ Connecting to the Community ○ Connecting to Health Care Services 	<ul style="list-style-type: none"> • Supports consumer with taking medications independently • Provide education on medications: what they take, why they take it, what benefits to look for, what side effects to look for • Skill building on how to fill/re-fill prescriptions • Assist consumer with scheduling prescriber appointments • Accompany consumer to medical/prescribing appointments to report on symptom observations and/or understand consumer’s medication regimen to provide ongoing supportive education to consumer 	<ul style="list-style-type: none"> • Providing Education about Mental Health or Substance Use issues • Providing general skills training • Problem solving • Social/Emotional support for dealing with mental health/ substance use • Anticipatory guidance and problem solving to support a consumer (e.g. preparation for crisis management, not crisis response) • CANNOT: be to treat the family member’s own personal issues. Services must be to provide information and training the family member/natural support can directly use to support consumer. <ul style="list-style-type: none"> ○ (i.e. improving a family member’s mental health is an indirect support and not allowable) 	<p>Everything under Psychoeducation for the Individual Consumer AND:</p> <ul style="list-style-type: none"> • Empowering members to manage their mental health/substance use issues themselves • Helping consumers develop their own lifelong recovery goals (may be within or extend beyond CCS) • Teach skills on how to make their own informed treatment decisions • Relapse prevention planning • Wellness & Recovery Action Plan development • Resiliency training • Implementation of coping skills • Implementation of social skills to develop social networks • Aftercare planning and preparation
Methods	Methods	Methods	Methods
<ul style="list-style-type: none"> • Individual or Group sessions with the consumer <ul style="list-style-type: none"> ○ Modeling, Mentoring, Step-by-Step Cueing/Assistance • Designed to objectively assessed through functional/behavioral assessments, and in which progress and mastery can be measured during each session/over time 	<ul style="list-style-type: none"> • Must include some element of independent skill building to self-manage/self-administer medication <ul style="list-style-type: none"> ○ CANNOT: be solely a medication pass • Providers who physically touch, distribute, or take possession of a consumer’s medication must obtain a signed DHS medication consent form for each medication. 	<ul style="list-style-type: none"> • Individual or Group Support: <ul style="list-style-type: none"> ○ to Family Members of Consumers ○ to anyone the consumer identifies as being a support in their recovery • Use of a curriculum or program model 	<ul style="list-style-type: none"> • Use of evidence-based strategies and/or structured curriculum: <ul style="list-style-type: none"> ○ Motivational strategies ○ Educational strategies ○ Cognitive Behavioral strategies • Includes specialty therapies & non-traditional therapies that require additional training and certification.
Allowable Providers	Allowable Providers	Allowable Providers	Allowable Providers
<ul style="list-style-type: none"> • Staff must operate within the limits of their scope of practice and training 	<ul style="list-style-type: none"> • Staff have training in drug/medication administration • Staff must operate within the limits of their scope of practice and training 	<ul style="list-style-type: none"> • Staff must operate within the limits of their scope of practice and training • Includes Parent Peer Support 	<ul style="list-style-type: none"> • Staff members have additional training, certification, or expertise in EBP strategies. • Staff must operate within the limits of their scope of practice and training

What Service Should I Authorize?

Individual Skills (ISDE)		Topic/Need		Wellness Management (WMRS)
<i>In general, is more of a “how to...” service supported by staff who may have less training. Does more step-by-step cuing and prompting.</i>		<i>These are some common examples – discuss further with your MHP</i>		<i>In general, is a more advanced service that provides additional support and understanding to brain/body connections related to symptomology</i>
<ul style="list-style-type: none"> - How to research housing assistance programs - How to complete a housing application - How to conduct an apartment visit - How to complete household care tasks (cleaning, etc) - How to develop a home organizational system 	<	Housing & Household Maintenance	>	<ul style="list-style-type: none"> - Understanding how mental health/substance use impacts consumer’s ability to maintain housing - Understand patterns of housing instability and barriers that may have resulted in the pattern - Support with adapting household maintenance tasks based on mental health symptoms
<ul style="list-style-type: none"> - How to meal prep - How to cook - How to get to the grocery store - How to budget and pay for groceries 	<	Grocery Shopping & Food Management	>	<ul style="list-style-type: none"> - Understanding nutritional balance and how nutrients impact mental health symptoms - Learning to manage anxiety/panic attacks while at the grocery store
<ul style="list-style-type: none"> - How to start/end a conversation - How to listen to others - How to have appropriate eye contact/spacing - Develop a list of small talk conversation starter topics - Appropriate conversation topics 	<	Social Skills	>	<ul style="list-style-type: none"> - Strategies to manage anxiety in social settings - Strategies to manage paranoia in social settings - Assistance with developing meaningful social connections (for when CCS services end)
<ul style="list-style-type: none"> - How to set boundaries with others (say ‘no’/‘yes’) - How to engage in conflict resolution (“fight fair”) - Appropriate expression of feelings, needs, wants 	<	Interpersonal Skills	>	<ul style="list-style-type: none"> - Assist with identifying personal values in relationships - Help with understanding how mental health/ substance use symptoms impact ability to have relationships - Assistance with leaving unhealthy relationships (DV/IPV)
<ul style="list-style-type: none"> - Self-Care/Regulation Skills: strategies on how to manage general/typical daily stressors that everyone encounters in life (e.g. patience/waiting in line, frustration tolerance/“I didn’t get what I want”, self-soothing/calming, etc). <li style="padding-left: 20px;"><i>*under ISDE there is no specialized educational component, or specialized interventions needed</i> - Prompting use of already learned coping strategies (i.e. they have the tools, they just need a quick reminder to use them in live time situations) - Feelings identification - Develop a general self-care plan 	<	Managing Behaviors & Emotions, i.e. “coping skills”	>	<ul style="list-style-type: none"> - Coping Strategies: managing specific situations and crisis triggers related to mental health (e.g. panic attacks at the grocery store, managing paranoid thoughts when out in public, etc) - Is able to teach new/adapted coping strategies to consumer’s who may have limited capacity because of their symptoms or trauma history - Staff can explain the ‘why’ behind the strategy to develop consumer insight into their own needs - Staff can evaluate a consumer’s ability to implement and adjust the coping strategies to address consumer’s unique symptom barriers