

Mental Health Community Support

Service Description

Mental Health Community Support Service (MHCSS) means the provision of recovery-oriented services to individuals with long-term, severe mental illness.

MHCSS includes skills training and assistance in accessing and effectively utilizing services and supports that are essential to meeting the needs identified in the individualized services plan, and development of environmental supports necessary to sustain active community living independently as possible.

MHCSS is provided in any setting in which the individual's needs can be addressed, skills training applied, and recovery experienced.

Staff works directly with the individual 1-5 times per week providing person centered support and training identified in the individual's treatment plan.

Training include but are not limited to:

Medication Management, Budgeting/
Money Management, Housekeeping,
Meal Planning/Preparation, Nutrition/
Dietary Maintenance, Personal Hygiene,
Social/Interpersonal Skill Enhancement
and Health and Safety Issues.

Target Population

- ◆ Destiny's target population is primarily adults who demonstrate a DSM V Axis I Mental Health diagnosis, lack independent living skills and are experiencing difficulty in establishing or maintaining normal interpersonal relationships to such a degree that they are at risk of hospitalization, homelessness, or isolation from social support.

Outpatient Services

Destiny provides a variety of treatment interventions generally to individuals, groups and families on an hourly schedule basis at its facility. These services include, but are not limited to; intake and screening, counseling, psychotherapy, behavior management, assessment, anger management, domestic violence, parenting, substance abuse, marriage and family counseling.

These are person-centered services designed to assist in improving the individuals' quality of life, empowering them and their families to achieve their desired goals.

Fees

Destiny accepts Government sponsored insurance; private insurance and self-pay.

Referrals

To make a referral or to contact Destiny for services, kindly call the number listed Monday thru Friday 8 a.m.– 5 p.m.

T. Allen, Ph.D., Executive Director
V. Smallwood, LPC, CSAC, Clinical Director

1124 W. Washington Street
Petersburg, VA 23803
Phone: (804)732-8500
Fax: (804)732-8585
E-mail: admin@destinyservices.org
Website: www.destinysvcs.org

Destiny Services, Inc.



Strengthening Families

*Cultivating the Past...Pioneering the Future of
Mental Health , Intellectual Disability, Substance
Abuse, Parenting, Family Management and
Prevention Services*

Mission

Destiny's mission is to advance the availability and practice of mental health services, and to provide recovery-oriented education and treatment to individuals with psychiatric disabilities so that they can have access to the supports and services they need.

Goals

Destiny's goal is to reduce the number of hospitalization, homelessness and death caused by mental illness, and to improve the quality of life for individuals living with mental health disabilities, through person-centered education and treatment services.

Philosophy

- ◆ Destiny believes that through intervention, people can and do recover from mental illness. Studies show that individuals recover or significantly improve when provided the appropriate treatments and support systems.
- ◆ Individuals living with mental health disabilities are able to successfully live and work in the community, enjoy active social lives, attend school, practice their faith, maintain a healthy lifestyle - all while managing their own illness with the supports they may need.

Intensive In-Home

Service Description

IIH services for Children/Adolescents under age 21 are intensive, time-limited interventions provided typically but not solely in the residence of a child who is at risk of being moved into an out-of-home placement or who is being transitioned to home from an out-of-home placement due to documented clinical needs of the child.

These services provide crisis treatment; individual and family counseling; and communication skills (e.g. counseling to assist the child and his parents to understand and practice appropriate problem-solving, anger management, and interpersonal interaction, etc.); case management activities and coordination with other required services; and 24-hour emergency response.

Eligibility Criteria

An Independent Clinical Assessment must be conducted by the CSB/BHA prior to the authorization of new service requests. Individuals receiving Intensive In-Home (IIH) Services must have the functional capability to understand and benefit from the required activities and counseling of this service.

These services are rehabilitative and are intended to improve the individual's functioning.

Individuals must demonstrate a clinical necessity for the service arising from a **severe** condition due to **mental, behavioral, or emotional illness** that results in significant functional impairments in major life activities.

Individuals must meet at least two of the following criteria on a continuing or intermittent basis:

1. Have difficulty due to **mental, behavioral, or emotional illness** in establishing or maintaining normal interpersonal relationships to such a degree that they are at risk of hospitalization or out-of-home placement because of conflicts with family or community; and/or
2. Exhibit such inappropriate behavior due to **mental, behavioral, or emotional illness** that repeated interventions by the mental health, social services, or judicial system are necessary; and/or
3. Exhibit difficulty in cognitive ability due to **mental, behavioral, or emotional illness** such that they are unable to recognize personal danger or recognize significantly inappropriate social behavior. For example, is at risk for acting out in such a fashion that will cause harm to themselves or others.

Psycho-Social

Service Description

Psychosocial rehabilitation services are programs of two or more consecutive hours per day provided to groups of individuals in a non-residential setting. Services include assessment, education to teach the individual about the diagnosed mental illness and appropriate medications to avoid complication and relapse, opportunities to learn and use independent living skills and to enhance social and interpersonal skills within a supportive and normalizing program structure and environment.

Eligibility

Individuals qualifying for this service must demonstrate a clinical necessity for the service arising from a mental, behavioral, or emotional illness that results in significant functional impairments in major life activities. Services are provided to individuals: (i) who without these services would be unable to remain in the community or (ii) who meet at least two of the following on a continuing or intermittent basis:

1. Experience difficulty in establishing or maintaining normal interpersonal relationships to such a degree that they are at risk of psychiatric hospitalization, homelessness, or isolation from social supports;
2. Experience difficulty in activities of daily living, such as maintaining personal hygiene, preparing food and maintaining adequate nutrition, or managing finances to such a degree that health or safety is jeopardized;
3. Exhibit such inappropriate behavior that repeated interventions by the mental health, social services, or judicial system are necessary; or
4. Exhibit difficulty in cognitive ability such that they are unable to recognize personal danger or significant inappropriate social behavior. "Cognitive" here is referring to the individual's ability to process information, problem-solve and consider alternatives, it does not refer to an individual with an intellectual or other developmental disability.