

# DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES

STATEWIDE YOUNG ADULT SERVICES



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# The Department of Mental Health and Addiction Services

- Mission: “promote the overall health and wellness of persons with behavioral health needs through an integrated network of holistic, comprehensive, effective, and efficient services and supports that foster dignity, respect, and self-sufficiency in those we serve.”

# DMHAS Core Values

- *Afford all persons Dignity and Respect*
  - Compassion
  - Genuineness
  - Professionalism
- *Treat all persons with Equity and Fairness*
  - Inclusiveness
  - Cultural Responsiveness
  - Social & Economic Justice
- *Lead with a sense of Urgency and Accountability*
  - Flexibility
  - Resourcefulness
  - Strategic Thinking



# DMHAS Treatment Options

- DMHAS “operates on the belief that most people with mental illnesses and/or substance use disorders **can and should** be treated in community settings...”
- State inpatient services are available and should be used only when absolutely necessary

# DMHAS Eligibility Criteria

- Must be 18 years of age and older
- Must have a documented major mental illness
- Must be willing to voluntarily participate in services
- Does not meet criteria for DDS
- May be diagnosed with Autistic Spectrum Disorders but must also have an existing major mental illness

# Young Adult Clients Served in DMHAS

- DMHAS serves approximately 16,000 clients between the ages of 18 and 25
- Approximately 7,000 of this population receive mental health services; remaining population are served within forensic and/or substance abuse programming
- 1,500 young adults are served in YAS

# Young Adult Services Mission Statement

- Our mission is to improve the lives of young people by providing the highest quality services possible. We do this by forming a partnership with the individual, their family, identified significant persons, and with other community service providers.
- By doing so we create a “community of care” that fosters mutual respect and individualized client centered treatment.

# Who We Serve Now

- **Youth who are 18 – 25 who have:**
  - Complex psychiatric diagnoses
  - Developmental disorders
  - Multiple co-morbid conditions that result in severe limitations/behavioral disorders
  - Sexual Behavior problems
  - Complex Trauma and/or Abuse
  - History of Neglect
  - Attention Disorders
  - Psychotic Disorders
  - May have legal involvement



# Who We Serve Now (cont'd)

- Multiple hospitalizations
- An average of 7 - 10 out of home placements prior to the age of 16
- Significant attachment disorders which make it extremely difficult to engage in treatment
- May have co-morbid substance abuse issues

# Who We Serve Now (cont'd)

- Have not had the opportunity to learn any of the necessary life skills or emotion regulation skills to cope with daily challenges
- Lack of education/vocational experiences
- Have not had the opportunity to experience and transition through the typical developmental tasks of young adulthood

# FOCUS

- Early Intervention
- Engagement
- Transition
- Services
- Recovery

# Service Components of YAS

- Young Adult Services - Office of Commissioner
- Young Adult Services - Local Mental Health Authorities (18 community programs, including state operated and DMHAS funded PNP LMHAs)
- Contracted PNP Services in CT
- Specialized Residential Programs
- Inpatient Unit

# Transition Planning

## Preparing Youth for Adulthood, Reducing Culture Shock

- Providers and the client begin working together to prepare the youth for transition to adult services.
- Planning Include:
  - Clinical needs assessment
  - Life skills assessment
  - On-going and regular interagency meetings to review progress and plans
  - Matching youth to an adult service program that might best meet his or her needs and desires

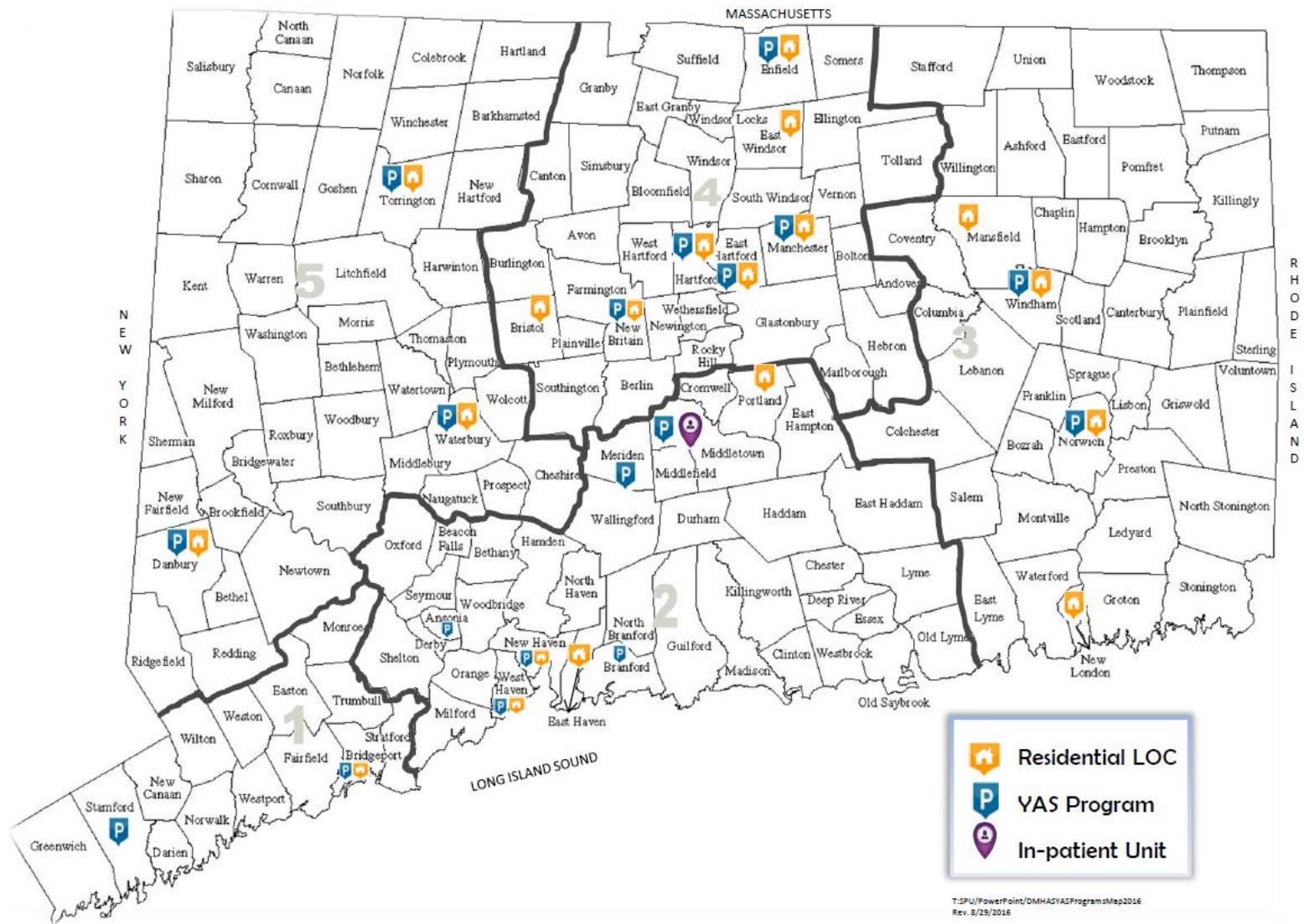
# Transition Action Plan (TAP)

- Prior to transition from current placement to YAS services, a TAP meeting is convened. This meeting includes the current provider and the new provider, the client, his DCF worker, family members, attorney's and any other stakeholder.
- The TAP provides a road map to transition: ensures that all documentation is available; all clinical issues are addressed; continuity of educational planning; identified housing; date of transition visits; date of intake and move in.

# Young Adult Services Program offer:

- Psychiatry
- Individual Psychotherapy
- Case Management Services
- Clinical Services
- Nursing Services
- Group Psychotherapy
- Trauma Services
- Crisis Services
- Rehabilitation Services
- Consultation Services
- Assessment Services
- Linkage to Vocational/Educational Services
- Residential/Housing Support
- Programming to support young parents

# DMHAS – YAS Programs





# Referral Process

- **DCF involved:** DCF worker will submit a referral packet to DCF Central Office at age 16; the referral will be forwarded to DMHAS OOC Statewide Young Adult Services for eligibility determination
- **Non DCF involved:** Close to young person's 18<sup>th</sup> birthday, the young person can be assisted by guardian and current provider to contact the Local Mental Health Authority in the person's area to request an intake appointment

# Questions...

Contact Information for DMHAS OOC Statewide  
Young Adult Services:



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