



Embracing Wellness

Wasatch Mental Health Services

**Community Resources for
Adults, Youth, and Families**

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Core Faculty

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Mental Health Services Awareness Night

October 21st, 2010

Provo, UT

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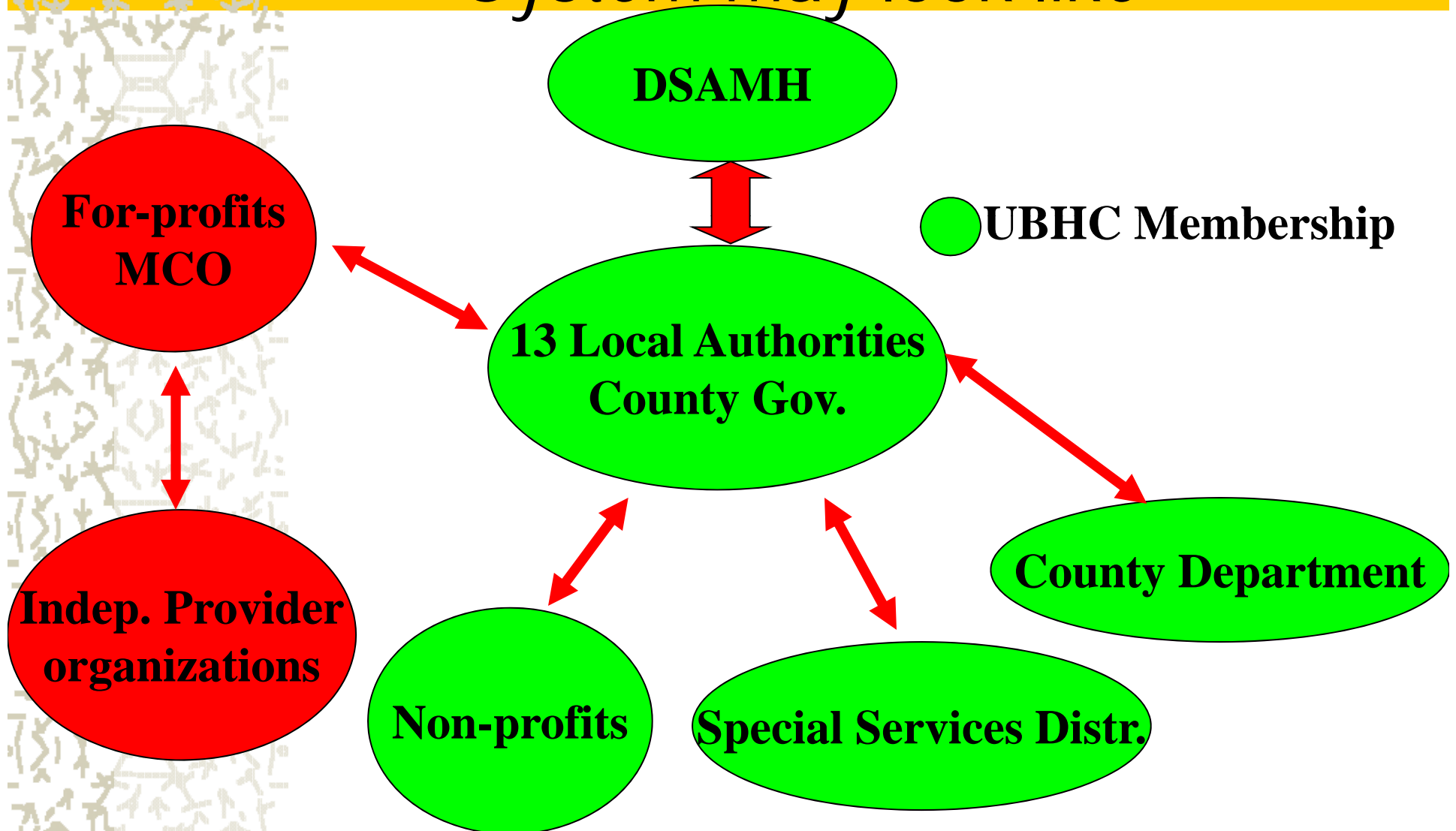
**Offering individuals with
mental illness the
Opportunity to successfully
achieve the outcomes
they desire**



Wasatch Mental Health



● What Utah's Behavioral Health System may look like





Administrative/Business Office

Westpark Building
750 North 200 West, Suite 300,
Provo, UT 84601
Phone: 801-373-4760
Fax: 801-373-0639
Web site: www.wasatch.org



ABOUT THE CENTER

Established in 1967, Wasatch Mental Health (WMH) is

- a comprehensive mental health center
- for Medicaid cardholders in Utah County

We Offer

- an array of acute and chronic care services for children, adolescents, adults, and families.



Locations

- 🌻 Westpark (Provo)
- 🌻 Parkview Campus (consisting of 7 buildings)
- 🌻 American Fork Family Clinic
- 🌻 Spanish Fork Family Clinic
- 🌻 School Based (approx. 30 schools)
- 🌻 Giant Steps (Orem)
- 🌻 Supported Residential
 - Mapleview
 - Sunset/ Sunrise
 - Payson Supported & Independent



ABOUT THE STAFF

Our Staff consists of:

- ✿ psychiatrists,
- ✿ clinical psychologists
- ✿ clinical social workers
- ✿ Licensed Professional Counselors
- ✿ Licensed Marriage and Family Therapists
- ✿ Specialized adult and youth day treatment case managers
- ✿ residential services staff, prevention and education specialists
- ✿ administrative and business staff



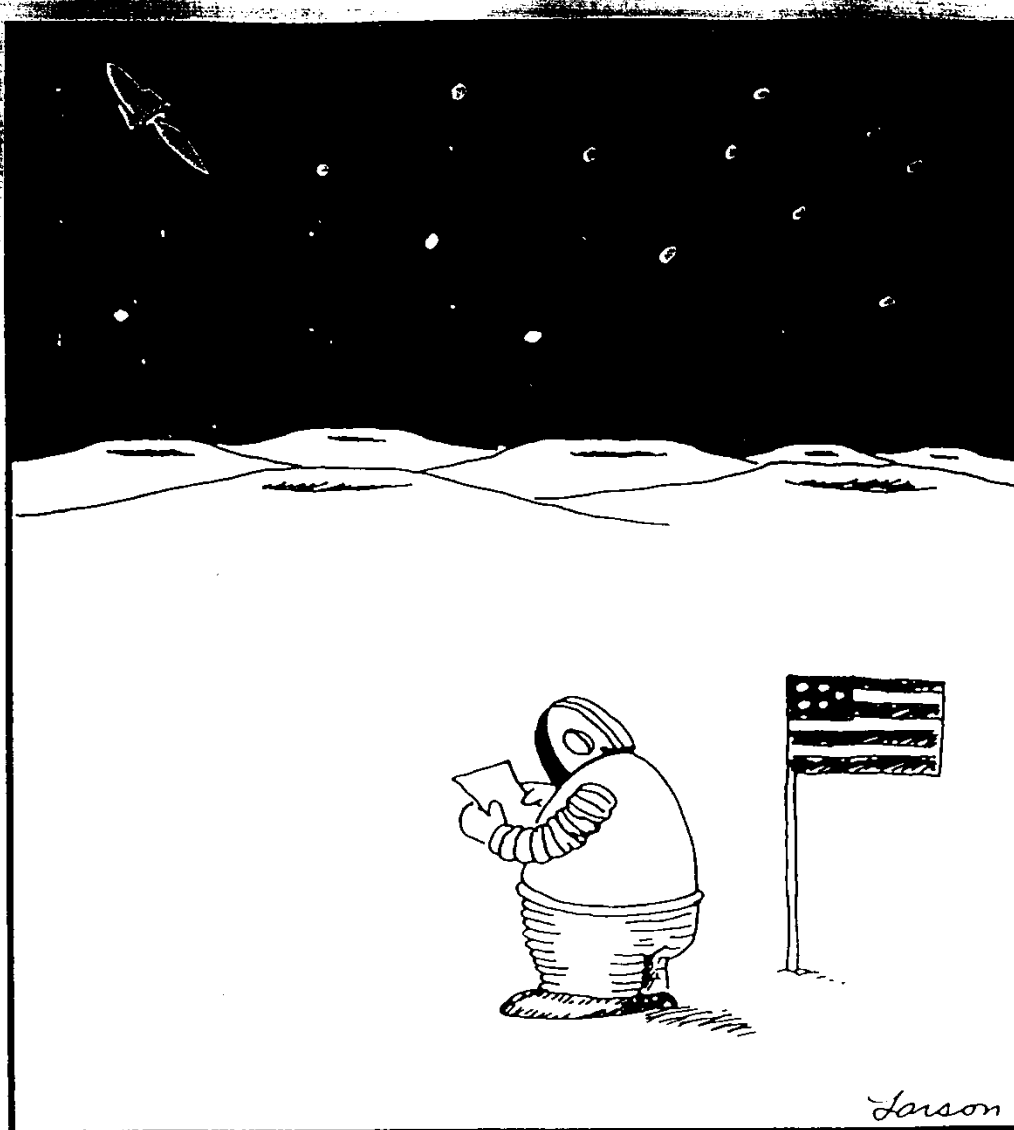
Wasatch Mental Health – Fast Facts

- ✦ We serve over 7,000 clients annually
- ✦ We have about 275 FTEs
- ✦ Our Annual Budget is about \$25,000,000



How do I recognize a Mental Illness ?

People with M. I. often feel alone




“Dear Henry:
Where were
you?”

We waited and
waited but
finally decided
that. . . “



What's Abnormal ?

- 
- 1. Unusual Behavior
 - 2. Socially unacceptable or in violation of social norms
 - 3. Faulty perception or interpretation of reality
 - 4. Personal Distress
 - 5. Maladaptive or Self-Defeating Behavior
 - 6. Dangerous Behavior



What you want to know

- ✦ Level of functioning ?
- ✦ Medications ?
- ✦ History of Mental Illness (self/ family)?
- ✦ Living Situation
- ✦ Stressors/ Employment Status
- ✦ Financial Pressures
- ✦ Activities of Daily Living



What you want to know

- ✦ Risky (self-destructive) behavior
- ✦ Sudden unexplained or erratic changes in behavior
- ✦ Support system ?
- ✦ Family Relationships ?
- ✦ Drug use ?
- ✦ Legal history ?

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Serious Mental Illness



SPMI



Seriously and Persistently Mentally Ill:

1. Severity Index (3 or more required)

1. Medication
2. Diagnosis
3. Productivity
4. Social Isolation
5. Public Assistance
6. Symptom Remission
7. Antisocial Behaviors

2. Duration

1. Intensive outpatient for 2 or more years
2. Outpatient 3 or more years
3. Persistence to treatment



Serious Illnesses

✦ Not tied to a specific diagnosis !

✦ Associated with

- Schizophrenia
- Bipolar Disorder
- Severe Depression
- Severe PTSD
- Personality Disorders
- Autism Spectrum Disorders



People with SPMI Need



 **Support**

 **Treatment**

- Therapy
- Medication Management
- Case Management
- Day Treatment
- Vocational Assistance and Training
- Residential Services
- Housing
- Inpatient Treatment

People with M.I. try to blend in



**When you are in deep trouble, say nothing,
and try to look inconspicuous**



People with SPMI Need



Acceptance

(just like the rest of us !!!)



Specific Techniques

- ✦ Breathing
- ✦ Putting things in perspective
- ✦ Prioritize
- ✦ Distinguish facts from emotions
- ✦ Validate emotions
- ✦ Don't hang on to feelings
- ✦ Outline a course of action



Specific Techniques

- ✦ Focus on present
- ✦ Communicate that you are in their corner
- ✦ Give feeling that you matter
- ✦ Acknowledge doubt
- ✦ Introduce continuum (feelings vs. behavior)



Reflective Listening

- ✦ Facilitative body language
- ✦ Reflection of and response to feeling
- ✦ Summarization and paraphrasing
- ✦ Open-ended statements and questions
- ✦ Non-judgemental attitude



Mental Illness and Personality Disorders



Traits vs. States

- ✦ State = The condition or circumstance of being at any given time (Short term)
- ✦ Trait = A distinguishing or peculiar feature with enduring patterns (Long term)



What is a personality disorder?

- ✦ Our personalities are enduring patterns of perceiving, relating to, and thinking about the environment and oneself. It is only when personality traits are inflexible and maladaptive and cause significant functional impairment that they constitute a personality disorder. (DSM IV)



Feelings associated with PDs

- ✦ Guilt

- ✦ You feel depleted of your energy

- ✦ Sense of not doing enough

- ✦ Sense of being ineffective

- ✦ "I can't let them down"

- ✦ Wanting to "rescue" individual

- ✦ Feeling blamed

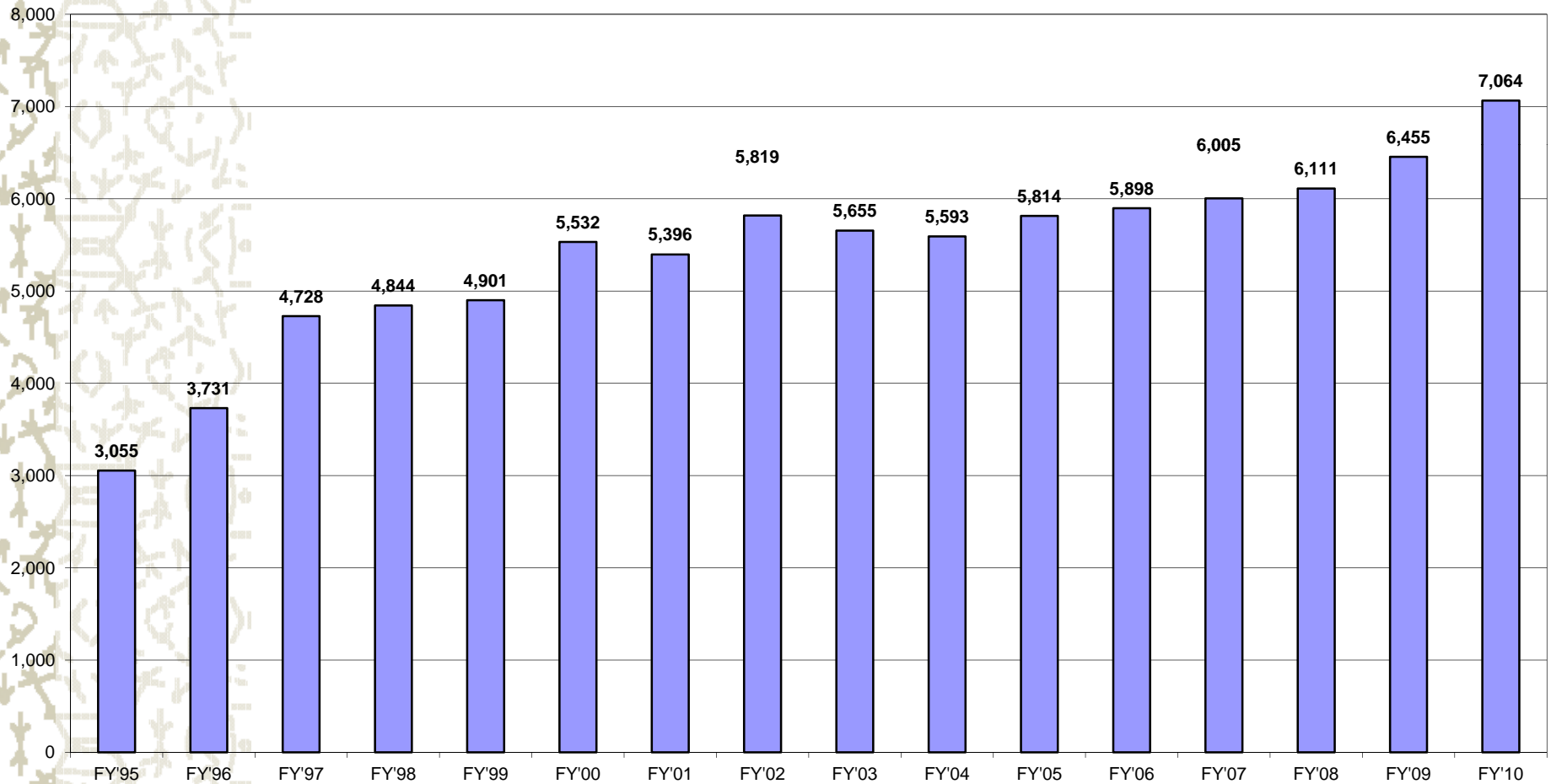
- ✦ Self Doubt

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Performance of Your *Community Mental Health Center*

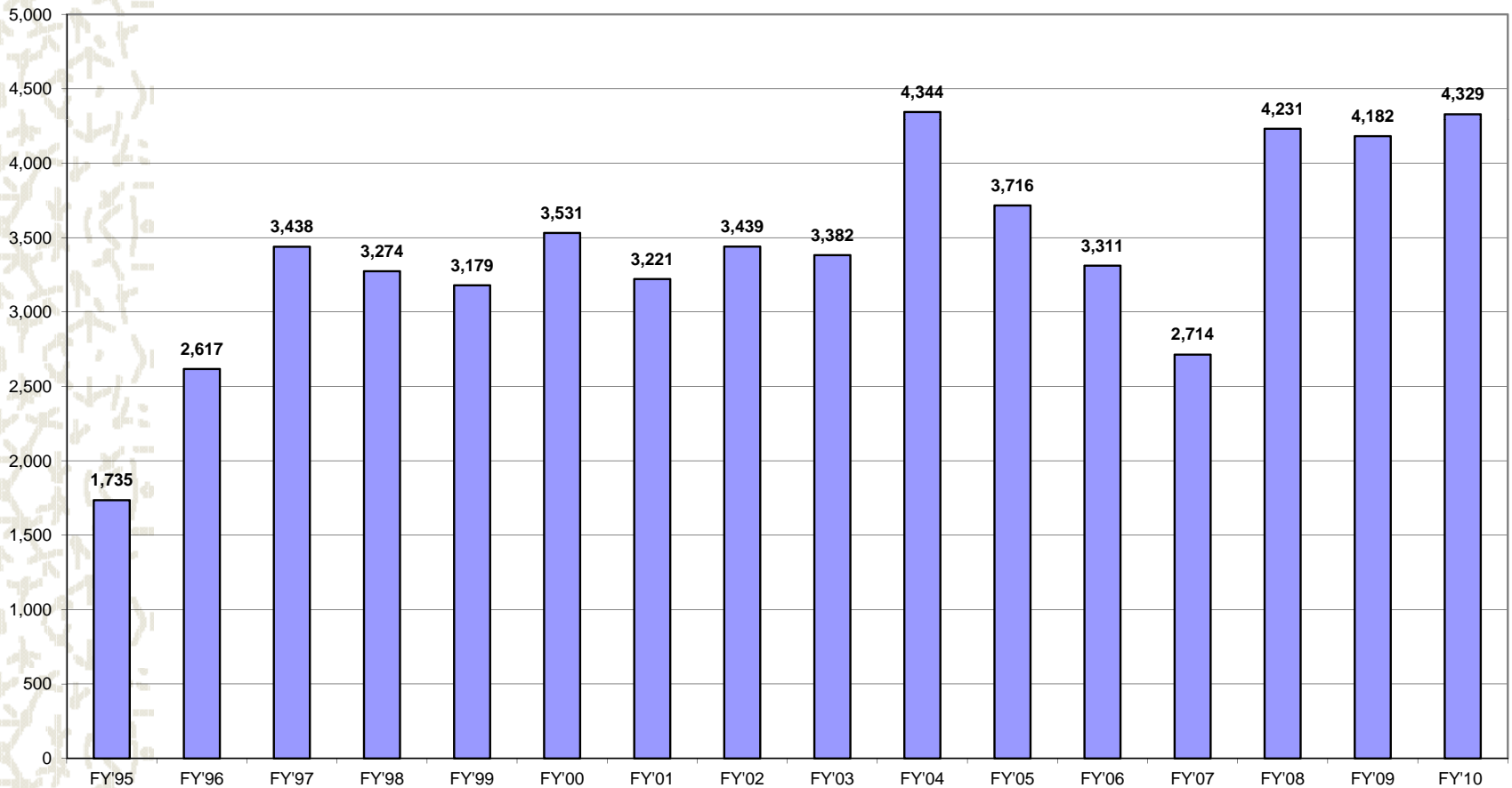
WMH – Quick Facts

Number of Clients Served



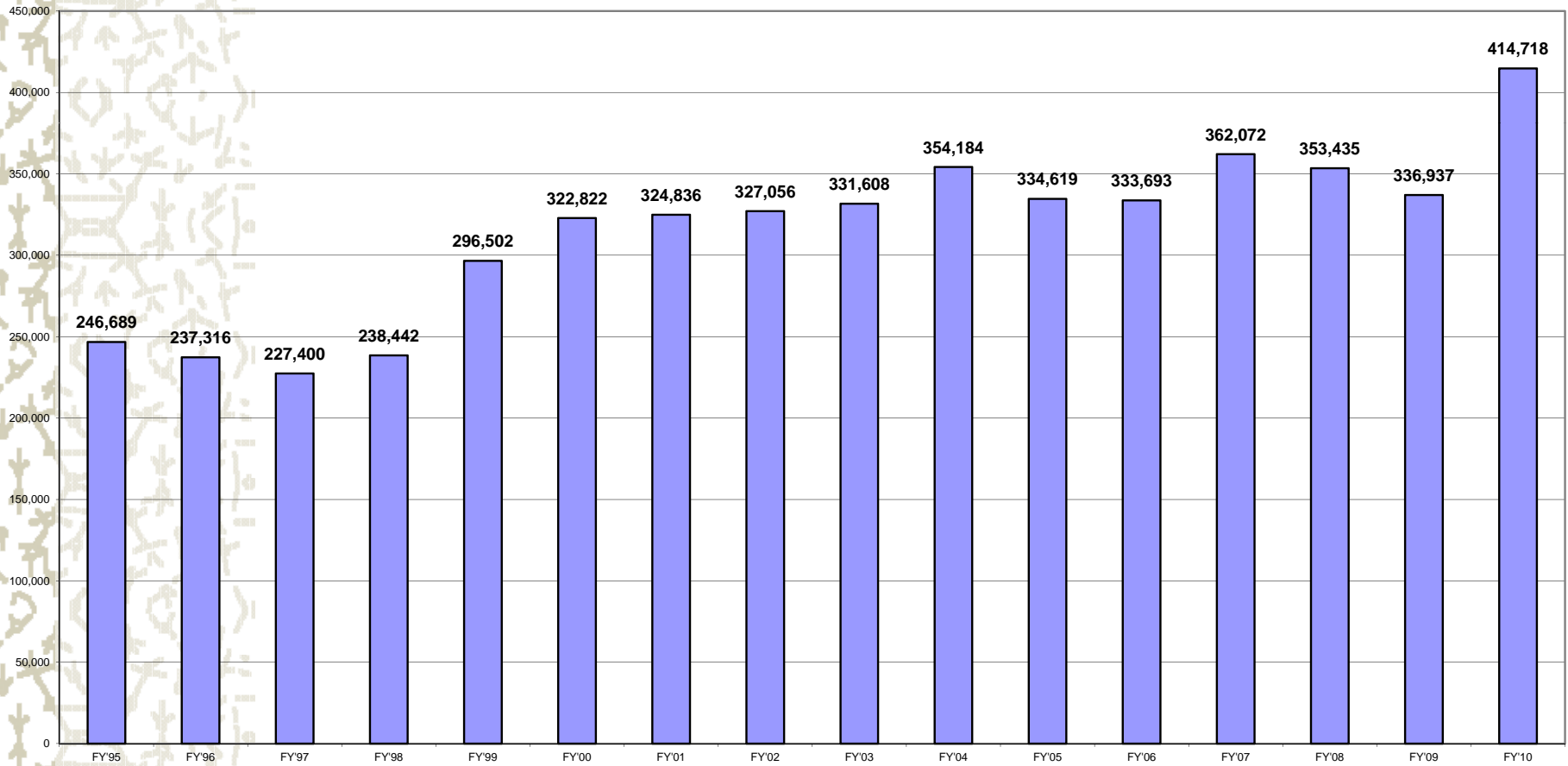
WMH – Quick Facts

New Client Admissions



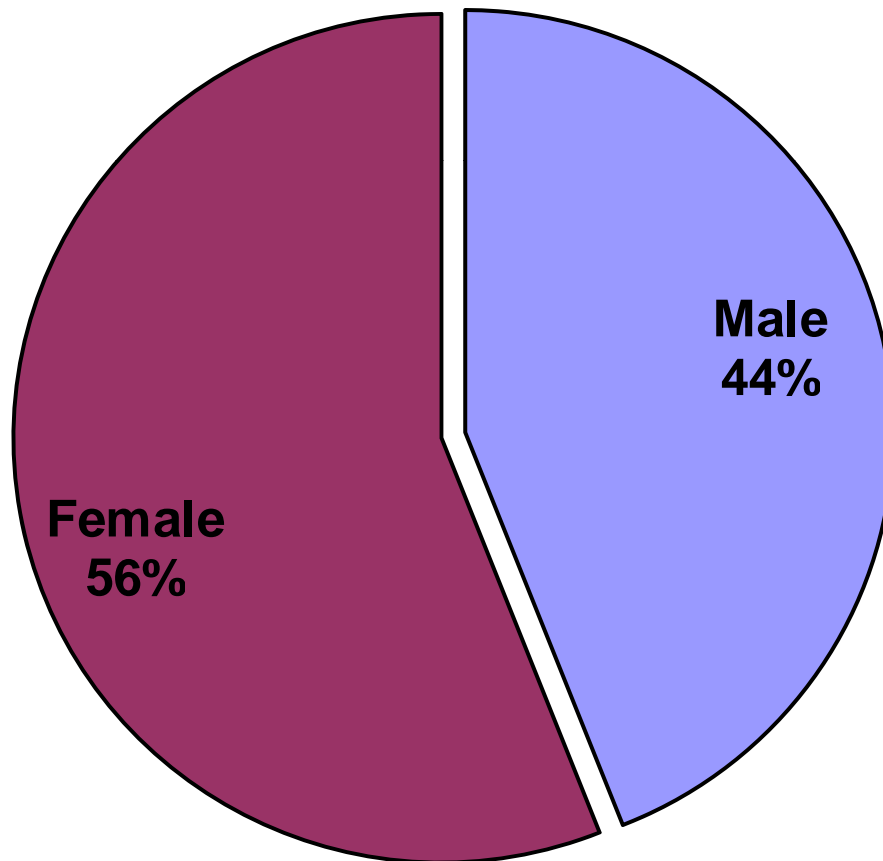
WMH – Quick Facts

Total Service Units Provided



Youth Services – “Fast Facts”

Youth Services - Gender Distribution



Changes in Medicaid Eligibility

✦ Currently:

- ✓ Uninsured Americans = 50 million
- ✓ Uninsured Utahns = 450,000

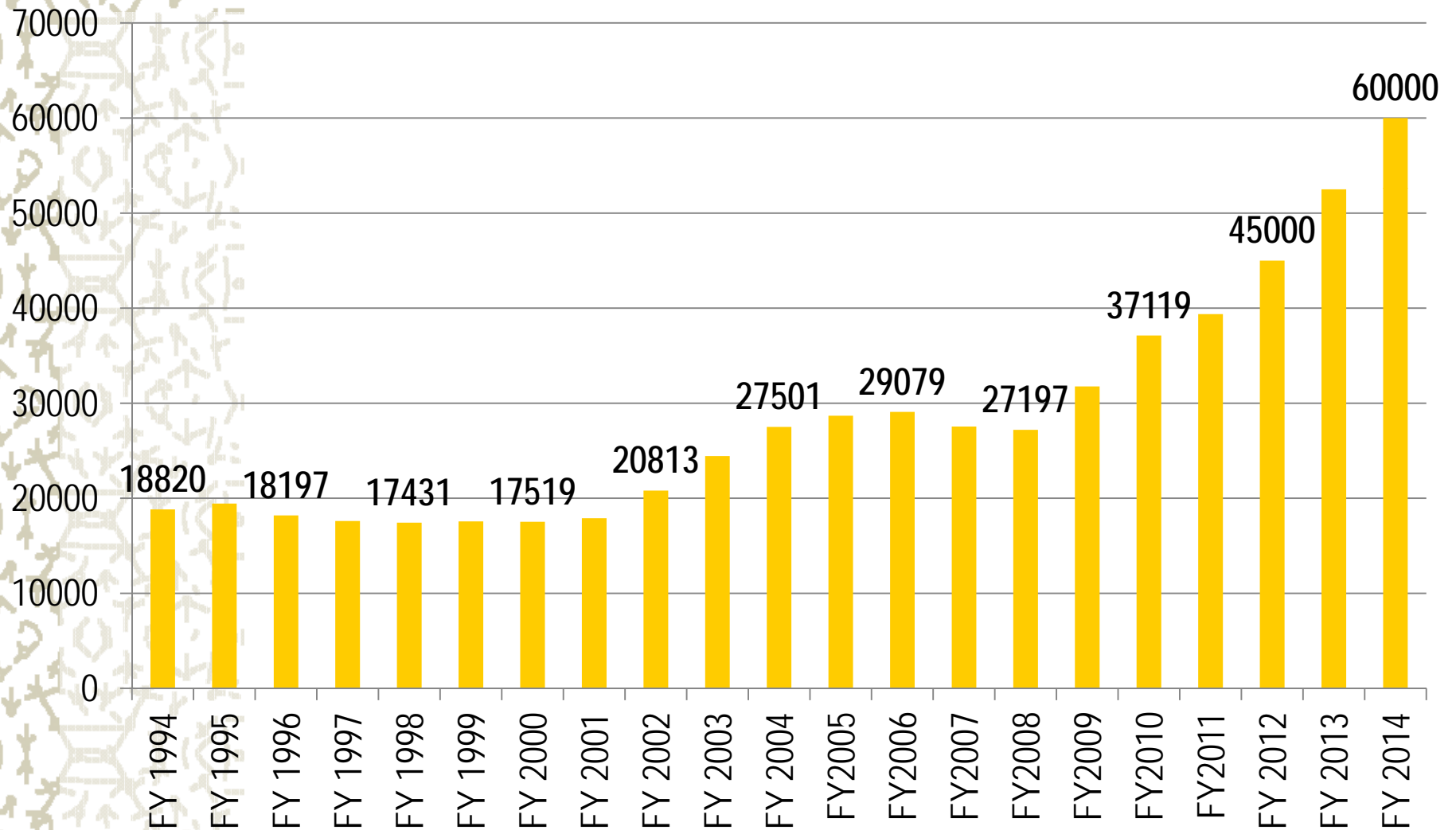
By 2014:

- ✓ Insured Americans = 32 Million (64% increase)
- ✓ Insured Utahns = 290,000
- ✓ About 50 % covered through Medicaid and 50% covered through Employer Subsidy

In Utah:

- ⇒ 290,000 Utahns insured (Medicaid 120,000 + employers 170,000)
- ⇒ Expands Medicaid Coverage from currently 220,000 to 340,000 (increase of 120,000)
- ⇒ Of 120,000 new Medicaid about 60,000 may need Behavioral Health Services in addition to Primary Health Care

Medicaid Eligible Clients in 2014





Thank You !

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