

# Lycoming-Clinton Counties Adult Mental Health Services Map

*A map to help you navigate mental health services for people 18 or older.*

Lycoming/Clinton Joinder Program

200 East Street  
Williamsport, PA 17701  
(570) 326-7895

-or-

8 North Grove Street  
Lock Haven, PA 17745  
(570) 748-2262

**START**

Is this a mental health crisis?

Call Joinder Assessment at  
570-326-7895 (Lycoming)  
**or**  
570-748-2262 (Clinton)  
**Monday—Friday**  
**8am—4:30pm**  
*After hours call Crisis  
Intervention at 570-326-7895  
or toll free at 1-800-525-7938*

Do you have insurance?

Check the back of your insurance card for a phone number and information about mental health/substance abuse services\*

You can call one of the providers given by your insurance company or you can call one of the providers listed for an intake assessment.

**Need more information?**  
Additional tips, tools, and information about specific services are available in the Supplement.

**Delays or difficulties?**  
Contact Community Care if you have Medical Assistance (1-855-520-9787); if not contact Lycoming/Clinton Joinder (570-326-7895)

No

Yes

Yes

No

# Lycoming/Clinton County Adult Mental Health Services

## *A Guide and Supplement to Service Map*

### Introduction:

If you or a loved one has received a mental health diagnosis, you may be feeling worried, afraid and emotionally exhausted. Unfortunately, this is also when you need to learn to navigate a whole new world – the mental health system. It can be confusing and overwhelming. But help is available, and you aren't alone! Mental health challenges are common and treatable.

Lycoming/Clinton County MH/ID offers many treatment options and levels of mental healthcare for adults. The information here will help you find what you need to feel better.

As you explore the Service Map, remember that you will want to be an informed consumer. Just as we're asked to participate in our recovery process with physical healthcare, we must engage in the mental health recovery process. Learn all you can, ask questions, and advocate for yourself or your loved one. There is reason to hope; people do get better every day.

**Emergency Services:** Anyone who is experiencing a mental health emergency should call Lycoming/Clinton County's Crisis Intervention Services at **570-326-7895** or toll free at **1-800-525-7938**. **Free** telephone, mobile, and walk-in counseling is available to all Lycoming/Clinton County residents regardless of income or insurance, 24 hours a day, 7 days a week.

### Important to know:

- **Seek Help Promptly** – Like many physical health conditions, mental health conditions are easier to treat, and have a better chance for a full recovery if treated *promptly*. Anyone who is struggling with mental health and emotional wellbeing should not wait.
- **Talk Therapy** – The benefits of talking with a therapist or counselor have been researched, and are often part of a treatment plan. This type of treatment relies on developing a trusting and comfortable relationship with the mental health professional. Sometimes it takes time, and it's not uncommon to try a few therapists before finding the "right fit". Try not to be discouraged if this happens; it's a necessary part of the process. It will be worth the effort in the end.
- **Find Support** – While receiving mental health treatment, individuals should not forget their '*natural supports*,' or the relationships that occur naturally in one's everyday life. These may include family, friends, co-workers, and neighbors. They may also include church groups, gardening clubs, or the YMCA exercise class.
- **Help for Veterans** – Veterans may obtain services through county service providers.
- **Mental Health Court** – Lycoming/Clinton County does have a mental health court. More information on page 4 of this guide.
- **Individual Rights** – Similar to people with other illnesses, people with mental illnesses have the right to choose treatment providers, make decisions about treatment, and even refuse treatment, except for in very specific situations. Self-direction and empowerment are key concepts to recovery, even though this may, at times, be frustrating to concerned loved ones.
- **Get the Facts** – There is a lot of information about mental health on the internet, but not everything you read is based in fact. It's important to know and utilize reliable websites when searching for information.

## Lycoming/Clinton County Adult Mental Health Services – Guide Continued

### WHAT TO EXPECT when you call Lycoming/Clinton County MH/ID:

- Begin by asking for an **intake assessment**. This may result in a diagnosis and lead to treatment recommendations.
- Service providers are expected to offer an appointment within 7 days, or sooner.
- Service providers are required to offer bilingual services.
- If you have no insurance, an Assessment Case Manager can assist you with applying for Medical Assistance.
- The Assessment Worker may inquire about your county residency, as this impacts your Medical Assistance coverage.
- You may be asked if you have Medical Assistance or information on insurance coverage. Please have your relevant information on hand, and ask questions if you are unsure about any information you are given.

### Explanation of Mental Health Treatment Services:

1. **Medication Management** – Following an initial psychiatric evaluation, any prescribed medications are monitored by a psychiatrist, a medical doctor (M.D.) specializing in treating the brain. (Just as a cardiologist is a medical doctor specializing in treating the heart.) Because psychiatrist appointments are not intended to provide therapy, they last about 15 minutes each month to focus on how the medications are working. Medication management is provided along with other therapeutic services.
2. **Outpatient Therapy** – This includes counseling sessions provided by trained professionals (psychologists, social workers, or professional counselors) on a regular basis. Sessions may be for individuals, families, or for other types of groups. Specialized treatment may be prescribed, depending on a person's diagnosis. These include:
  - **Cognitive Behavioral Therapy (CBT)** – aims to change a person's thinking to be more adaptive and healthy
  - **Dialectical Behavioral Therapy (DBT)** – comprehensive therapy that teaches coping skills
  - **Evidence-Based Trauma Treatments** – specifically designed therapies for children, men and women
3. **Mental Health Case Management** – A case manager may be assigned to help obtain and coordinate services and supports, including helping with benefits applications, arranging for housing, or supported employment, and assuring the services are delivered as planned.
4. **Psychiatric Rehabilitation** – There are different types of rehabilitation programs to provide support or help to build skills, according to individual needs. Programs include activities to promote symptom management, social skills, personal adjustment, job skills, and independent living skills for one to function well in the community with minimal professional help. Individuals should ask about rehabilitation options.
5. **Co-occurring Treatment** – Treatment for individuals who abuse or are addicted to alcohol or other drugs and have a diagnosed mental illness.
6. **Acute Care Partial Hospitalization** – This structured day program provides intensive support in an out-patient setting. Intended to be a short-term treatment, program participation is usually 1 to 2 weeks.
7. **Inpatient Hospitalization** – There are several psychiatric hospitals in the region that provide secure settings for individuals with acute symptoms and/or needing to stabilize medications, as well as those who may be at risk of harm to themselves or others. The average in-patient hospitalization is 10-14 days.

8. **Mental Health Emergency** – Crisis Intervention is a free, 24/7 service on page 1 of this guide.
9. **Community Residential Rehabilitation (CRR)** – 24/7 group home settings
10. **Peer Support** – Certified Peer Specialists are people in recovery who have been trained to use their experiences to help others using mental health services. They have “walked the walk” and can offer connections and hope. Service providers on the map can provide more information about peer support services.

**Explanation of Community Supports: *These are supportive resources in the community.***

11. **Mental Health First Aid** – This is a free public education class designed to teach anyone how to help someone developing a mental health problem or crisis. Participants become certified MHFA-ers in 8 hours. Class schedules are posted at [www.chesco.org/mhidd](http://www.chesco.org/mhidd), or call COAD in Exton to find out more. 610-363-6164.
12. **WRAP (Wellness Recovery Action Plan)** – A wellness tool developed by renowned mental health advocate, writer, and person in recovery, Mary Ellen Copeland, PhD. WRAP trainings are occasionally offered locally. For more information on how to develop this type of plan, go to [www.copelandcenter.com](http://www.copelandcenter.com).
13. **Beacon Hub** – A drop-in center run by Skills of Central PA, which is consumer-driven, focusing on socialization and community interaction.
14. **The Clubhouse** – Run by Community Services Group, is a social rehabilitation center where individuals work on employment and social skills.

## ***Lycoming/Clinton County Adult Mental Health Services – Guide Continued***

### **Explanation of Other Systems:**

#### **1. Other Human Service Departments**

- **Area Agency on Aging** – This department provides home and community based protection, advocacy, information, and assistance services to people aged 60 and over (and their families) so they can have choices about how they want to live with dignity and respect, lead independent and active lives, and be free from abuse and neglect.
- **Children and Youth Services** – This department intervenes to provide services that can't be provided by the family, friends, or the community. It utilizes high quality, comprehensive social services that strengthen the family's ability to provide for the safety and well-being of each child.
- **West Branch Drug and Alcohol Services** – This department plans, implements, and monitors local addictions prevention, intervention, and treatment services.

**If you think a single plan of care would benefit you or your loved one, ask your provider!**

- 2. Community Care Behavioral Health** – This is the behavioral health HealthChoices program for Lycoming/Clinton County. HealthChoices is the name of Pennsylvania's mandatory managed care programs for Medical Assistance Recipients. Visit the Community Care Behavioral Health website for more information. [www.ccbh.org](http://www.ccbh.org).
- 3. Mental Health Court** – This is a collaboration with the Departments of Mental Health and Criminal Justice to assist adult residents with serious mental illness who have been arrested for criminal charges, yet do not pose a risk to public safety. The objective is to have the arrested person pursue intensive mental health services instead of facing prosecution. Call 570-326-7895.
- 4. Lycoming County Assistance Office** – Residents of Pennsylvania can seek assistance and a range of services for themselves and their families. You should not call the office. Go to the website [www.compass.state.pa.us](http://www.compass.state.pa.us) for information and to apply online. Please note: You will need your social security number, proof of all income for your household in the past 30 days, and any other relevant information.

## What to expect when you call a mental health service provider listed on the service map:

Mental health service providers are required to offer an appointment within 7 days of a request. You may be asked if you have medical assistance, which will cover the cost of these services. The provider will be able to assist you in obtaining this. If your child does not yet have a diagnosis, ask the provider to help you with this first step. Both the parent and the child need to be present for the assessment appointment. Once the intake assessment is completed, a recommendation for a level of care is made. See the explanation of these levels of care below.

### **Explanation of Mental Health Services/Levels of Care:**

- 1. Outpatient Counseling** – Counseling services for children, adolescents, and families provided through an agency.
- 2. Partial Hospitalization** – A daytime program that provides individual and group counseling as well as medication monitoring. The Intermediate Unit can also provide education at these programs.
- 3. Family Based Mental Health Services** – Intensive in-home services, usually several hours per week, for up to 32 weeks. Family therapy focused, this service is used to divert children from higher level of treatment or to assist their adjustment to lower level of treatment.
- 4. Intensive Behavioral Health Services (IBHS):** are interventions and supports for a children, youth or young adults under the age of 21 with mental, emotional or behavioral health needs. They can be provided in the home, school or other community setting. The following services are available:
  - **Behavior Consultation (BC) Services (formerly BSC):** BC services include assessment of a child's, youth's or young adult's needs and development of an Individualized Treatment Plan, as well as coordination with other service providers involved with the child and family.
  - **Mobile Therapy (MT) Services:** MT services provide therapy to help a child, youth, or young adult process emotional difficulties, trauma and other behavioral health problems.
  - **Behavioral Health Technician (BHT) Services (formerly TSS):** BHT services work with the family and those involved in the child's life to implement the Individual Treatment Plan.
- 5. Multi-Systemic Therapy (MST)** – Delivered over a period of 4-6 months in homes, neighborhoods, schools and communities by master's level professionals or experienced bachelor's level professionals with low case loads. A crucial aspect is the emphasis on promoting behavioral change in the youth's natural environment.
- 6. Community Residential Rehabilitation (CRR Host Home)** – Youth who reside in a CRR Host Home are recovering from a serious mental illness, which may include significant safety or behavioral symptoms; and the family or caretakers are unable to provide the structure, support and consistency necessary for the child's growth and healing. Once the youth and family have shown improvement and stability, they will be reunited to work towards recovery.
- 7. Residential Treatment Facility** – A temporary residence for youth with severe emotional and behavioral problems. Doctors, therapists, social workers, and childcare workers give care and treatment; families are encouraged to be involved.
- 8. Inpatient Hospitalization** – Short-term, individualized psychiatric hospital stays for the acute stage of mental illness or behavioral difficulties.
- 9. Case Management** – A case manager may be assigned to help individuals with emotional disturbances obtain and coordinate resources, services and supports.
- 10. Respite Care** – Overnight and hourly respite care provided in-home or in the community, for children aged 0-21 when families need a break from caregiving.
- 11. Medication Management** – Prescribed medications are monitored by a psychiatrist, or a medical doctor (M.D.) that specializes in treating the brain, just as a cardiologist specializes in treating the heart. Monthly psychiatrist appointments last about 15 minutes and focus on how the medications are working. These appointments are not intended to provide therapy.

### What to expect when you (or other person) calls Lycoming/Clinton Infant/Toddler Early Intervention:

You will be asked to provide basic demographic information about the child and family, and asked for information about the primary concerns. The family will be assigned a service coordinator who will be in touch within one week to schedule an intake appointment at your home.

Within 45 days of the initial phone call, your child will receive a developmental evaluation at no cost to determine eligibility. If your child is eligible for Early Intervention services, an individualized family service plan (IFSP) will be developed and the child will be referred for services to be delivered in your home or the community.

### Explanation of Lycoming/Clinton County Infant/Toddler Early Intervention Services and Supports:

Early Intervention provides free services and supports to families with infants and toddlers and young children who have developmental delays, and may begin at birth. With the family's consent, anyone, such as a doctor, caregiver, teacher or parent, can make a referral. Early Intervention can help young children acquire the skills they need to grow into happy and healthy members of the community.

These services build on resources already in place. Frequency of services is determined by outcome goals set by the Early Intervention team. This team is led by the family, and may include all the professionals working with the child and family. The supports available include information on how children develop, and ideas for how the family can help their child learn and grow. A child may be eligible for services in one or more of the following areas:

- ❖ **Adaptive** – self-help skills, such as dressing or feeding
- ❖ **Cognitive** – thinking skills, including the ability to absorb, process and understand information
- ❖ **Communicative** – receptive and expressive language, including understanding what is being said, following directions, and making needs known to others
- ❖ **Physical** – gross motor, fine motor, vision and hearing, motor planning, and sensory integration
- ❖ **Social and Emotional** – interacting with children, adults and the environment

### Children aged 3 to 5 may be eligible for Preschool Early Intervention:

Eligible children aged 3 to 5 receive Early Intervention through the Department of Education. If you think your preschool-aged child has a delay, contact the **Blast IU #17 at 570-323-8561** or **Clinton County IU #10 at 1-800-982-3375** to inquire about an evaluation.