



Lancaster County Office of Behavioral Health and Developmental Services

Basic Information Series Volume: MH-4

For Information Call:

Crisis Intervention: 717-394-2631

Mental Health Case Management 717-393-0421

Administration Unit: 717-299-8021

Rehabilitative Services for Adults with Mental Illness

Basic Information Series

Rehabilitation Services

Social Rehabilitation

Social Rehabilitation is programming of community-based social and leisure activities for persons with serious mental illness intended to increase socialization, independence, accountability, quality of life, and awareness of community resources. This type of rehabilitation offers the opportunity to build and foster social connections in a recovery focused environment.

These services may occur at a facility or in the community based on individual needs. If they occur at a specific facility, these services are called *site-based* social rehabilitation. When they occur in the community, these services are referred to as *mobile* social rehabilitation.

Psychiatric Rehabilitation

Psychotherapy can be provided by licensed clinicians and include treatment, goal panning, mental status evaluations, ongoing counseling, psycho-education for individuals and their families. *Site-based* psych rehab occurs at a facility while *mobile* psych rehab occurs in the client's environment such as in the client's personal residence, in a personal care home, or a group residential setting.

Residential Rehabilitation Services

Community Residential Rehabilitation

Community Residential Rehab, often referred to as CRR, is a residential treatment program where people work on personal goals and develop skills in order to move to more independent living and improve the quality of their lives. Anywhere from six to fourteen people can live in one house.

Persons who live in a CRR might go to a partial hospitalization treatment program (a full-day outpatient program), work full or part-time, perform volunteer work, or go to a vocational training program. An active life is important.

There are three levels of care in the CRR program:

- ◆ Intensive Maximum— awake staff on site 24 hours per day
- ◆ Maximum— staff on site whenever residents are at home
- ◆ Moderate— staff on site from 7AM—11PM

Individuals may move from one level to another, but placement is always based on the needs of the individual. Length of stay at any given level averages between one and two years.

Respite

There are a limited number of respite beds for short-term stay (a maximum of 30 days per year) located within the maximum CRRs. These beds are used for an emergency, when there is no place for a person to go, or for a short-term (interim) stay in between one place and another.

Respite is a short break. It gives an individual a chance to get away from their current living situation.

Personal Care Homes

Personal care homes are owned by private citizens or companies. Many people in Lancaster County with mental illness live in personal care homes. Most personal care homes have shared rooms and staff who make the meals which residents eat together in a family-like atmosphere.

People who live in these homes usually come and go as they please, though sometimes there is a curfew. The staff offers assistance with day-to-day needs if necessary. The owners of the personal care homes can decide who lives there and people who break the rules can be made to leave.

Vocational Rehabilitation Services

Lancaster County BH/DS contracts with a variety of service providers who provide different levels of vocational services to help individuals living with mental illness to succeed in the workforce and hopefully achieve competitive and integrated employment.

Employment Maintenance

Once an individual is maintaining a job at competitive wages without supportive services on the job site, there are Job Loss Prevention services available that focus on maintaining competitive employment.

Supported Employment

These services are utilized for individuals ready to search for competitive employment. They offer assistance in the job search by working with individual to find job matches for their strengths and skill set, develop skills in applying and interviewing for positions, and supportive services and job coaching once competitive employment is achieved.

Transitional Work Services

Often referred to as mobile work crews, these services provide training to a group of individuals in a community work setting while being paid for

their work. This opportunity allows for individuals to develop their skills in a competitive work environment with a vocational program supervisor present to assist in skill development.

Pre-Vocational Programs

Some individuals require some extra training before entering an integrated workplace. Pre-vocational programs allow for individuals to develop social skills, workplace etiquette, the ability to focus, and other work skills in order to best prepare them to move forward to competitive employment.

Office of Vocational Rehabilitation

The Office of Vocational Rehabilitation (OVR) assists connects individuals whose mental illness or other disability causes barriers in obtaining and/or maintaining employment.

The nearest OVR district office is located in York:

York BVRS

2550 Kingston Road Suite 101

York, PA 17402

Phone: 717-771-4407

Toll Free Number: 800-762-6306

How do I access these services?

All services provided by BH/DS are arranged by a case manager. You and the case manager decide what type of residential service is best for you.

Residential services may not be immediately available because there is often a waiting period for openings. Services are typically funded in a variety of ways. Some funding comes from a block grant provided by the state.

Some services provided through BH/DS may have a liability associated with them depending on each individual. For more information regarding liability, see the Liability sheet of this Basic Information Series.