

[mhadutchess.org](http://mhadutchess.org)

ADULT SERVICES | COMMUNITY EDUCATION  
FAMILY SUPPORT AND ADVOCACY

## Bringing Wellness Home




Mental Health America of Dutchess County is a not-for-profit organization affiliated with the national organization, Mental Health America, and Mental Health Association in New York State (MHANYS).

Services are funded through contracts with the New York State Office of Mental Health, Dutchess County Department of Behavioral & Community Health, Department of Community & Family Services, New York State Office of Children & Families, NYS CASA, NYS Education Department, and NYS Office of Court Administration.

Additional funds are granted by the Dyson Foundation, as well as public and private organizations and agencies, and the generosity of our supporters. Also, funded in part by Dutchess County Government.

We offer programs for people of all ages seeking mental health services in Dutchess County.

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## ADULT SERVICES

**Care Management** provides a MHA worker (Care Manager) to individuals who struggle with severe and persistent mental illness, chronic medical conditions, and/or alcohol or substance abuse issues. We assist people in accessing necessary medical, social, financial, vocational, residential, and educational services. We are a contracted partner with two Hudson Valley Health Homes; the Community Care Collaborative and Hudson Valley Care.

**Homeless Services** at Mel's Place is a collaborative effort between Dutchess County Government, Hudson River Housing and MHA. We offer a safe-haven and care management services to those in our community who are without a place to call home. Our services are provided at the 24-hour shelter during the daytime hours. We offer support and referrals to community services for housing, employment, addiction, health benefits, and more.

**Personalized Recovery Oriented Services (PROS)** is a comprehensive recovery-oriented program for individuals with severe mental illness. We integrate support and rehabilitation in a manner that facilitates the individual's recovery and include our participants in the development of curriculum that meets their needs.

**Supported Housing** provides 21 supported housing beds that are scattered site subsidized apartments for people who have a serious mental illness.

## CRISIS SERVICES

**Mobile Crisis Intervention Team (MCIT)** 24/7 crisis response for children, youth and adults in Dutchess County. Designed to reduce emergency room visits and inpatient hospitalizations while maintaining people safely in the community.

**ECHO (Enhancing Community Health Thru Outreach)** focuses on supporting the community as holistically as possible with mental health professionals and law enforcement working together to strengthen communities.

## FAMILY SUPPORT, ADVOCACY & EDUCATION

**Information and Referral** offers a referral list of psychiatrists, psychologists, social workers, support groups,

and services at other agencies and private practices.

**Library Services** provide DVDs, books, journals, and computers with Internet access for the public. Assistance with resume writing upon request.

**Parenting Workshops** include How to Talk So Kids Will Listen, Managing Defiant Behavior, Parenting Challenging Teens, and Parenting the Explosive Child. Parent Education and Custody Effectiveness (PEACE), and more.

**Supported Education** provides on-site assistance to ACCESS-VR eligible students with a psychiatric disability and/or addiction disorder as they attend college.

**Workshops & Trainings** are offered throughout the year using professional curriculum. MHADC offers periodic mental health screenings.

**Adult Advocacy Program** provides information, referral, and advocacy to adults with mental illness and their families who often have aging parents or other family members at-risk. A Depression/Bipolar Support Group for adults meets weekly.

**CASA (Court Appointed Special Advocates)** trains citizen-volunteers in a 40-hour course to be an advocate in the judicial process for a child in or at-risk of foster care, due to abuse or neglect. Referrals are through the Family Court Judge only.

**Children's HCBS & CFTSS Services** are designed to allow children to participate in an array of developmentally and culturally appropriate services, by granting access to a series of Medicaid-funded services provided to a child and family in their home and/or the community. Individualized services meet the health, developmental, and behavioral health needs of each child/youth.

**COMPEER** trains volunteers to match with people receiving mental health services. The relationship that develops helps build coping skills, making it easier to integrate into the community.

**Emerge Program** is for parents who have psychiatric disabilities. It addresses the needs of parents who are struggling with their own issues of mental illness while trying to parent a child.

**Family Support Programs** for parents/caregivers of children with serious emotional disorders, offer peer/parent support groups, sibling support/education groups, and Family

Advocacy.

**Family Visitation Program** is a coached-visitation model and supervised visitation, providing strength-based support for parents/caregivers visiting their children in placement. The coach engages with the family to assist the parent.

**Respite Programs** offer parents/caregivers of children with special mental health needs the opportunity for respite. Including planned individual and group activities, summer camp sponsorships, and Teen clubhouse.

**Teen Challenge** addresses challenges through weekly life skills curriculum meetings, vocational/educational mentoring for jobs and education, and community engagement involving community service projects.

## VETERAN SERVICES

**Vet2Vet** serves Veterans of all eras and all discharge types, providing support groups, family services, socialization, and case management to Veterans of Dutchess County. This includes housing assistance and vocational assistance and training. All program leaders are Veterans themselves with years of experience helping others heal. **Project Hope** is a community of health workers who have the skills needed to provide support and guide Veterans and their families when disaster strikes.

## HEALTH HOME SERVING CHILDREN

**HHSC** provides services to children, from age 2 to age 20. A Care Manager (CM) is assigned who will help coordinate with parents and community service providers using a strength-based model to identify a care team for each family. The CM will advocate for services to promote the successful care of children within their homes and communities. You can self-refer.

## CORE | HOME & COMMUNITY BASED SERVICES

**HCBS** provides recovery and wellness services for adults 18 and older with mental health and/or substance use disorders. These Medicaid-funded services are provided in the home and/or community. Home and Community Based Services aim to improve an individual's quality of life by providing assistance with: living independently in the community, empowerment and recovery goals, obtaining and maintaining employment and achieving educational goals.