

ALASKA BEHAVIORAL HEALTH

Adult Mental Health Residential Treatment



Alaska Behavioral Health provides mental health residential treatment for adults with acute mental health needs who have not responded to outpatient treatment, who have needs that cannot be met in a less-restrictive setting, or who need further treatment following inpatient psychiatric hospitalization.

Services are provided by an interdisciplinary treatment team in a **therapeutically structured, supervised environment, 24 hours per day, 7 days a week**. The clinically structured program assists clients in building routines that increase stability and lower symptoms of mental illness. Healthy activities are offered throughout each day, including skill building and clinical groups every weekday as well as productive and recreational activities on evenings and weekends. Participants receive assistance to create a rhythm, stabilizing patterns for sleeping, eating, and taking medications. Participants work with their clinician to form highly individualized behavior and wellness plans so that they build skills to cope with symptoms in a way that reduces stress and anxiety.

Who qualifies for Adult Mental Health Residential Treatment?

An adult may qualify for adult mental health residential treatment if they have a **primary diagnosis of mental illness** and meet one or more of the following criteria:

- a. A completed functional assessment with three or more areas of significant impairment in functioning.
- b. Is reasonably expected to commence or resume illness management and recovery skills or strategies at this level of service.
- c. Needs a 24-hour supervised, monitored, and focused treatment approach to improve functioning and avoid relapse that would require a higher level of treatment.
- d. Previous treatment attempts have been ineffective, and the client is at risk for increase illness if no change is made; and
- e. Has one or more of the following:
 - i. History of two or more inpatient hospitalizations in the past year
 - ii. Significant independent living instability
 - iii. Homelessness

- iv. Frequent use of mental health and related services yielding poor outcomes in outpatient or community support treatment.

Reasons why Adult Mental Health Residential Treatment would **not** be a good fit:

- a. The individual's medical condition is such that it can only be safely treated in a medical hospital or an individual requires skilled or semi-skilled nursing care.
- b. The individual does not voluntarily consent to admission or treatment.
- c. The individual cannot be safely maintained and effectively treated in a less intensive level of care than a hospital setting.
- d. The primary problem is social, economic, or one of physical health, without a concurrent major psychiatric episode meeting criterion for this level of care.
- e. Admission is being used as an alternative to incarceration.

❖ **Residential Treatment is not a substitute for housing or medical detoxification services.**

Paying for Services:

Medicaid insurance covers full payment for adult mental health residential treatment, including all activities and therapy. There are no additional fees, although participants may choose to spend their own money to obtain their preferred food or hygiene items. We provide three healthy meals a day and comfortable accommodations. Participants may stay in Residential Treatment as long as they continue to meet medical necessity. Once participants have completed Residential Treatment and no longer qualify for that level of care, they will be offered services through other teams at Alaska Behavioral Health.



Process to Begin Treatment:

- Contact Alaska Behavioral Health at residential@akbh.org to schedule an adult residential treatment site tour. Meet with an AKBH clinician for screening and assessment.
- Meet with a primary care provider (available through AKBH) to rule out infectious diseases and medical conditions that would require a higher level of medical intervention.
- Schedule a time to go over the facility rules, along with close friends, family members, or supporters.
- Move in with belongings (limited to what could fit into one suitcase).