



INFOCUS

VOLUME 3 | SPRING 2016

May is Mental Health Awareness Month

PSCH Programs Focus on Evidence and Value-Based Services

May is designated as **Mental Health Awareness Month**. PSCH-PK faces the challenge of assisting individuals and families with mental illness and chronic substance abuse issues to achieve the triple aim of improved care, better outcomes and a service delivery system that:

- Provides a broad array of supportive and rehabilitative services to aid consumers in reaching their health goals;
- Expedites access to an integrated network of healthcare and social service supports;
- Uses person-centered, evidence-based services and motivation within a whole health orientation to maximize effective disease management strategies.



Expression through creative arts is a powerful therapeutic experience. Lauren has found that painting and drawing are significant tools that enhance the quality of life for her as well as others who enjoy her work.

We would like to dedicate this *InFocus* issue to our consumers, who each day inspire us to help them reach their full potential, and to our staff whose passion, spirit and dedication make that goal a reality.

PSCH-PK care coordinators work with families and the participant to navigate through the services and wide scope of supports that participants need to achieve their goals. All of our services are licensed and approved by the New York State Office of Mental Health (OMH) and the New York

State Office of Alcoholism and Substance Abuse Services (OASAS).

Effective Services

PSCH-PK is at the forefront of bringing technology to improve the quality of care. Through our TeleHealth system, PSCH-PK enhances quality of care, client engagement, and improves outcomes. Our services include:

Residential

The PSCH-PK innovative housing programs and support services located throughout New York City and Long Island offer

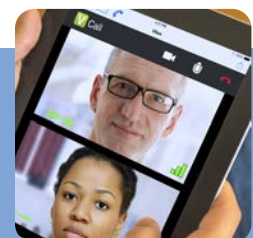
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4 iPads Help to Lead Innovation in Our Services

Vocational Training Learning Skills for Independence

PSCH-PK offers a network of vocational services for youth, ages 14-25 and adults exploring work opportunities. Our programs offer assessment, supported employment, job placement and work readiness training.

Through Clean Corp, a for-profit enterprise, operating under the auspices of PSCH, specialized training in janitorial and grounds keeping services are offered. Participants receive on the job training and on-site job coaching.

PSCH-PK also offers supported employment services (SES) to individuals with a diagnosis of mental illness that require extended

Value-Based Payment Preparing for a Sea Change in the Mental Health Arena

New York State is undergoing unprecedented reform to the healthcare system. What does all this mean for PSCH-PK? Until now, we were paid for the number of services provided. Soon, the system will pay for how well are services working, not how many services we provide. This method of reimbursement is called Value-Based Payment. To be successful, we will need to change how we work.

We will focus on the total health of the people we serve, not just their mental health. For example, that might mean coaching someone on care of their diabetes, helping them re-establish or improve family relationships, or live more independently in the community.



The PROS Café offers participants the opportunity to enhance their personal meal planning and prep skills, while exploring the food service industry through vocational training.

support services such as job shadowing, to help them sustain stable employment in an integrated setting. Participants may work full/part-time. ■

We must use the electronic health record for all consumers. All providers will have to be innovative and utilize technology to help us reach more people and produce results.

Some in our field describe “managed care” as a dark cloud that’s about to have a negative impact on the system that we have all worked so hard to create. We don’t. PSCH-PK will be a leader that works with, not against, insurance companies who are interested in PSCH-PK assisting them to create new services to keep consumers engaged and healthy. It’s going to be an interesting ride! ■



58 Bed Mixed Use Residence Nearing Completion in the Bronx

PSCH-PK is nearing completion of its 165th Street property in the Bronx. This state-of-the-art complex consists of 58 units in a 10 story building. These apartments will serve both low income and individuals requiring supportive housing. Thirty-six units will be reserved for individuals with severe and persistent mental illness. The residence will provide jobs for the community and offer safe, secure and affordable housing. ■





A Story of Recovery

Helping others as a Peer Specialist

“As a peer specialist I connect well with the participants because I have walked in the shoes and can relate to the challenges they experience.”

Robert Montevago

Growing up, I had a good life. I did well in school, played sports and socialized with family and friends. At the age of 26, all this changed.

While working and going to college, the death of a family member and the sudden move of another triggered a month-long hospitalization at which time I was diagnosed with Bipolar Disorder. It was a difficult time being hospitalized and the road to recovery was followed by attending a Day Treatment Program. By this point I had dropped out of college and was unemployed.

I was able to secure a few part time jobs, but they never were satisfying. Then, I became involved with an IPRT program at the time and was assigned a job coach who was to help me find meaningful employment. In 1999 I was able to obtain a part-time position with a hospital as an assistant job coach. I worked part-time until 2003 at which time I was promoted to a full-time position. That was a turning point in my life.

While I occasionally still experience symptoms, I have learned coping strategies to manage them and persevere.

In 2010, when PSCH took over the program from North Shore, I became a PSCH employee as a peer specialist and have continued to work full time.

I connect well with the clients because I've walked in their shoes and can relate to the challenges they experience on a daily basis. Not only do I give to them, I too benefit from the being able to share my experiences in order to help them in their recovery. ■

Mental Health Services

continued from front cover

supportive environments to some 1,000 people with mental illness and formerly homeless individuals.

Care Coordination

PSCH-PK care coordination model establishes a person-centered, recovery-focused system of care for individuals with a mental illness and/or complex chronic conditions. Our care coordinators access and manage services for clients for a success in recovery.

Addiction Recovery Services

A multidisciplinary team, using evidence-based practice helps to support an individual both in remission and reduction in substances use, successful symptom management and medication compliance. Our program outcomes strive to improve the overall health of the client, re-establish family relationships, encourage active employment and decrease legal involvement. Our services are licensed by OASAS.

Recovery & Resiliency Programs - PROS & IPRT

These programs are comprehensive recovery oriented offerings which offer rehabilitation, support and symptom management, along with art therapy to assist individuals with severe and persistent mental illness engage in the recovery process. The goals are to improve functioning, reduce inpatient use of emergency services and involvement in the criminal justice system, re-entry to the workforce, attain higher education levels and secure housing.

Children & Family Services

PSCH-PK programs assist families with a seriously emotionally challenged or at risk child or youth to function as a family unit. Supportive, educational, therapeutic, residential and crisis intervention services are offered.

Innovation through Technology

PSCH effectively uses technology to improve its quality of care. Through our TeleCare Coordination and TelePeer, PSCH enhances outcomes in its mental health programming. Applications that are currently being used, include:

TeleCareCoordination

Care coordinators are able to maintain connection in between visits through tele-visits.

TelePeer

Peers provide one-on-one coaching helping clients with substance abuse and mental health crises. PSCH plans to expand these programs throughout its behavioral health continuum of services. ■

Guide to PSCH-PK MH Services

PSCH offers highly skilled and experienced staff to provide a network of services for people with mental health issues.

• Residential Services

- Community Residences
- Community Residences/Single Room Occupancy
- Supported SRO
- Supported Apartment Programs
- Apartment Treatment Programs

• Day Treatment Programs

- Assertive Community Treatment (ACT)
- Personal Recovery Oriented Service (PROS)
- Intensive Psychiatric Rehabilitation Treatment
- Peer Specialist Training
- Psychosocial Clubhouse

• Addiction Recovery Services

- Task Force on Integrated Projects (TFIP)
- Chemical Dependency Prevention
- Community-Based Education

• Vocational Services

- Clean Corps
- Supported Employment Services

QUARTERLY NEWSLETTER
FROM PSCH-PEDERSON-KRAG

IN FOCUS

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EMPLOYEE OF THE MONTH

Join us in congratulating this month's outstanding employee who embodies the PSCH-PK mission.



MARCH

Elizabeth Fyfe

As an Individual Care Coordinator in the Pederson-Krag HCBS Waiver Program,

Liz is recognized by her co-workers and external professional colleagues for her knowledge and professionalism. She is flexible, collaborative and consistently goes above and beyond to address the needs of at-risk youths and their families.

Janine Colasuonno Awarded for Her Outstanding MH Work in Suffolk County



(L-R) John O'Neill, Commissioner, Suffolk County Department of Social Services; Robert Calarco, Deputy Presiding Officer, Suffolk County Legislature; Janine Colasuonno and Rebecca Sanin, Chair, Taskforce to Prevent Family Violence.

PSCH-PK proudly recognizes Janine Colasuonno, Director, HCBS Waiver Program, for receiving the Leadership in Mental Health Services Award at the Suffolk County 32nd Annual Child Abuse & Neglect/Family Violence, Volunteer & Professional Recognition Day on April 15, 2016. Janine is an outstanding advocate for the rights of children and families who are coping with the challenges of mental health issues. She received recognition from Suffolk County executives and legislators and the Department of Mental Hygiene.

"Janine has proven to be an effective leader, mentor and advocate for over 10 years," noted John O'Neill, Commissioner, Suffolk County Dept. of Social Services. "She is skilled in supporting youth and their families as they work through crisis."

PSCH-PK is proud to have Janine as part of our Pederson-Krag team. ■

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