Asian American Health Initiative

Together To Build A Healthy Community

Mental Health 101 Health Promoter Training
Thursday, January 22nd, 2015
1335 Piccard Drive, Upper Level Conference Room
Rockville, MD 20850
6:00pm-8:00pm

AGENDA

- Welcome & Dinner (10 min)
- Mental Health 101 Presentation (60 min)
  - Presented by Eugene Morris from the Montgomery County Department of Health and Human Services Access to Behavioral Health
- Case Scenario Activity (20 min)
- Handouts (10 min)
  - AAHI Mental Health Photonovel
  - MCDHHS Mental Health & Crisis Services Packet
  - "More Than Just the Blues"
- Q & A (5 min)
- Wrap-up

Responding to Mental Health Needs in Our Communities:

Workshop for Health Promoters
January 22, 2015

Eugene S. Morris, LCSW-C
Access to BH Services (MC HHS)
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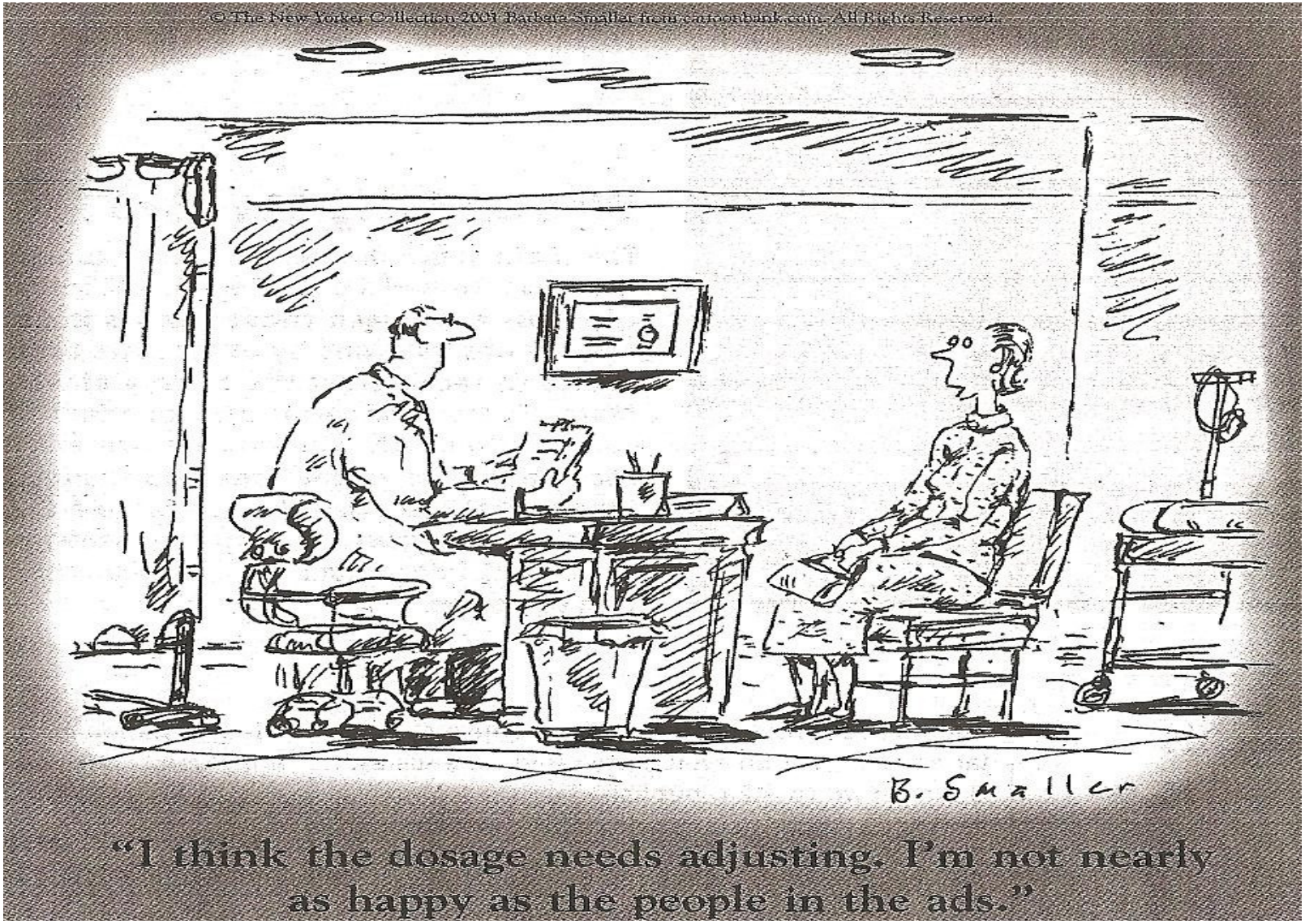
Tonight

- What is “Mental Health”?
- Cultural and Family Questions in Responding to MH problems
- Brief Description of MH problems
- HHS BHCS and community resources

I. "Mental Health" / "Mental Illness"

- Problems in Living: resources, health, crisis, relationships, behavioral health, others?
- Behavioral Health:
  - Emotions, thought, psychology: distress/roles
  - Addictions, mental health, crisis, victimization
- Mental Health: state of well-being in which realize abilities, can cope with normal stresses, work productively, and make a contribution to community
  - Associated with physical health
- Mental Illness: health conditions characterized by alterations in thinking, mood, or behavior (or combination)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B. Smaller
"I think the dosage needs adjusting. I'm not nearly as happy as the people in the ads."

"Mental Health" vs "Mental Illness"

- Language of "disease": body/mind
- All human behavior is on a continuum (and there is a continuum of severity of "MI")
- Most (all?) human behavior has multiple causes or influences
- Not everyone needs tx!-- Role of family, community, and providers/helpers currently serving

Mental Health Problems

- Stress
- Anxiety
- Depression
- Victimization and Crisis
- Addictions/Substance Abuse
- Schizophrenia and Bipolar Disorder (Manic-Depression)

Gender, Ethnic, Racial etc. Disparities

- Anxiety: higher rates among women and in developed countries
- Depression: higher rates among women and whites; very high SE Asian immigrants
- Suicide: Higher rates among African-Americans than others; Black men 4x more than black women; Asian-American girls highest
- Usage of Services: AA report higher stress but receive fewer services, similar Latino and Asian

Working with Culture

- All people come in families and cultures
- Protective factors and barriers
- Most human behavior has multiple influences
- Real “cultural competence”:
  - Descriptions are different in different “cultures”
  - Different behaviors are not necessarily healthy or unhealthy/right or wrong
  - Appropriate moral and religious perspectives (vs. we’ve always done it this way)
  - Family and culture is often a strength, ally

Stress

Stress

- Mobilization becomes unhelpful: “Dis-stress” experienced as depression and/or anxiety
- Irritability, overwhelmed, fatigued, sleep, unhealthy coping
- One major incident vs. pressure of life concerns or multiple events
- Often very responsive to problem-solving, concrete help, brief therapy

Anxiety

Anxiety

- Symptoms:
  - Excessive and unrealistic worry about everyday tasks or events, or
  - May be specific to certain objects or rituals
- Generalized anxiety, social phobias, obsessive-compulsive
- “Treatment”: medication, counseling (exposure), support

Depression

Depression

- Symptoms:
  - Depressed or sad mood,
  - diminished interest in activities which used to be pleasurable,
  - weight gain or loss, psychomotor agitation or retardation, fatigue,
  - inappropriate guilt, difficulties concentrating, even recurrent thoughts of death
- Health problems: smoking, alcohol, inactivity
- “Treatment”: medication, counseling, activity, support

Victimization and Crisis

- Domestic Violence (Partner Abuse) (1/4 American Women)
- Child Abuse
- Sexual Assault or Rape (1/5 including child)
- Other Crime
- Overlap with Crisis War, Disaster, etc.
- “Trauma”

Substance Abuse

- Abuse/Dependence/Addictions
- Inappropriate, problematic use, or dependence on substances that alter consciousness: alcohol, marijuana, legal or illegal prescription drugs, or other substances
- Probably most widespread problem after anxiety, depression
- Self-help (AA) and professional services

Schizophrenia and Bipolar Disorder

- “Major” or “serious and persistent mental illness”
- Schizophrenia: distorted thoughts, hallucinations, feelings of fright/paranoia
- Bipolar D/O: alternating severe high and low moods, sometimes with “psychosis”
- Strong genetic influence: Often respond well to medications discovered in 20th C. Counseling focuses on recognizing and social supports and roles

Responding to MH problems

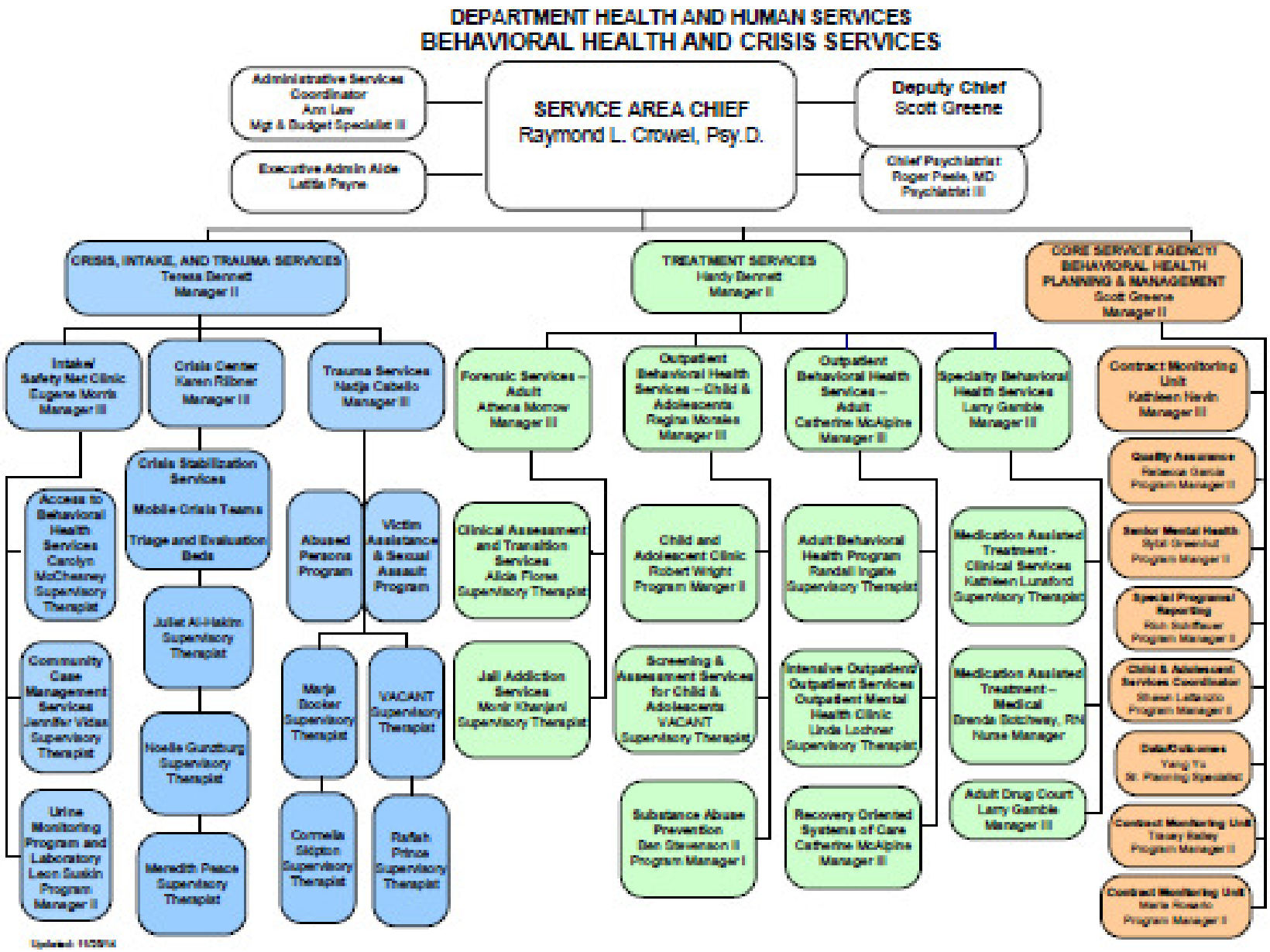
- Mental Health Professionals
  - Doctors (M.D.) (primary care and psychiatry)
  - Social Work, psychology, counselors, etc.
- What is a typical counseling encounter like?
- What is it like if you need language support?

Cultural Barriers to Seeking Help?

- Discussion

Montgomery and Public BH Services

- Medicaid and Medicare as mainstay
- Mental health and/or substance abuse services through a multi-provider “system” of providers
- Different formal levels of services, but gaps
- MC Govt HHS “safety net” services:
  Outpatient Addictions, Adult Behavioral Health, Child & Adolesc. MH, Senior MH, Crisis Center, Victims.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Ann Law
Mgt & Budget Specialist II
Executive Admin Aide
Latitia Payne
SERVICE AREA CHIEF
Raymond L. Crowel, Psy.D.
Deputy Chief
Scott Greene
Chief Psychiatrist
Roger Peele, MD
Psychiatrist III
CRISIS, INTAKE, AND TRAUMA SERVICES
Teresa Bennett
Manager II
TREATMENT SERVICES
Hardy Bennett
Manager II
CORE SERVICE AGENCY/ BEHAVIORAL HEALTH PLANNING & MANAGEMENT
Scott Greene
Manager II
Intake/ Safety Net Clinic
Eugene Morris
Manager III
Crisis Center
Karen Ribner
Manager II
Trauma Services
Nadja Cabello
Manager II
Forensic Services – Adult
Athena Morrow
Manager II
Outpatient Behavioral Health Services – Child & Adolescents
Regina Morales
Manager III
Outpatient Behavioral Health Services – Adult
Catherine McAlpine
Manager III
Specialty Behavioral Health Services
Larry Gamble
Manager II
Contract Monitoring Unit
Kathleen Havir
Manager III
Access to Behavioral Health Services
Carolyn McChesney
Supervisory Therapist
Crisis Stabilization Services
Mobile Crisis Teams
Triage and Evaluation Beds
Abused Persons Program
Victim Assistance & Sexual Assault Program
Clinical Assessment and Transition Services
Alicia Flores
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Child and Adolescent Clinic
Robert Wright
Program Manger II
Adult Behavioral Health Program
Randall Ingate
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Medication Assisted Treatment - Clinical Services
Kathleen Lunaford
Supervisory Therapist
Quality Assurance
Rebecca Garcia
Program Manager II
Senior Mental Health
Sybil Greenlief
Program Manger II
Special Programs/ Reporting
Rich Stauffacher
Program Manager II
Community Case Management Services
Jennifer Vitas
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VACANT
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Jail Addiction Services
Monir Khanjani
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Screening & Assessment Services for Child & Adolescents
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Intensive Outpatient/ Outpatient Services/ Outpatient Mental Health Clinic
Linda Lochner
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Medication Assisted Treatment – Medical
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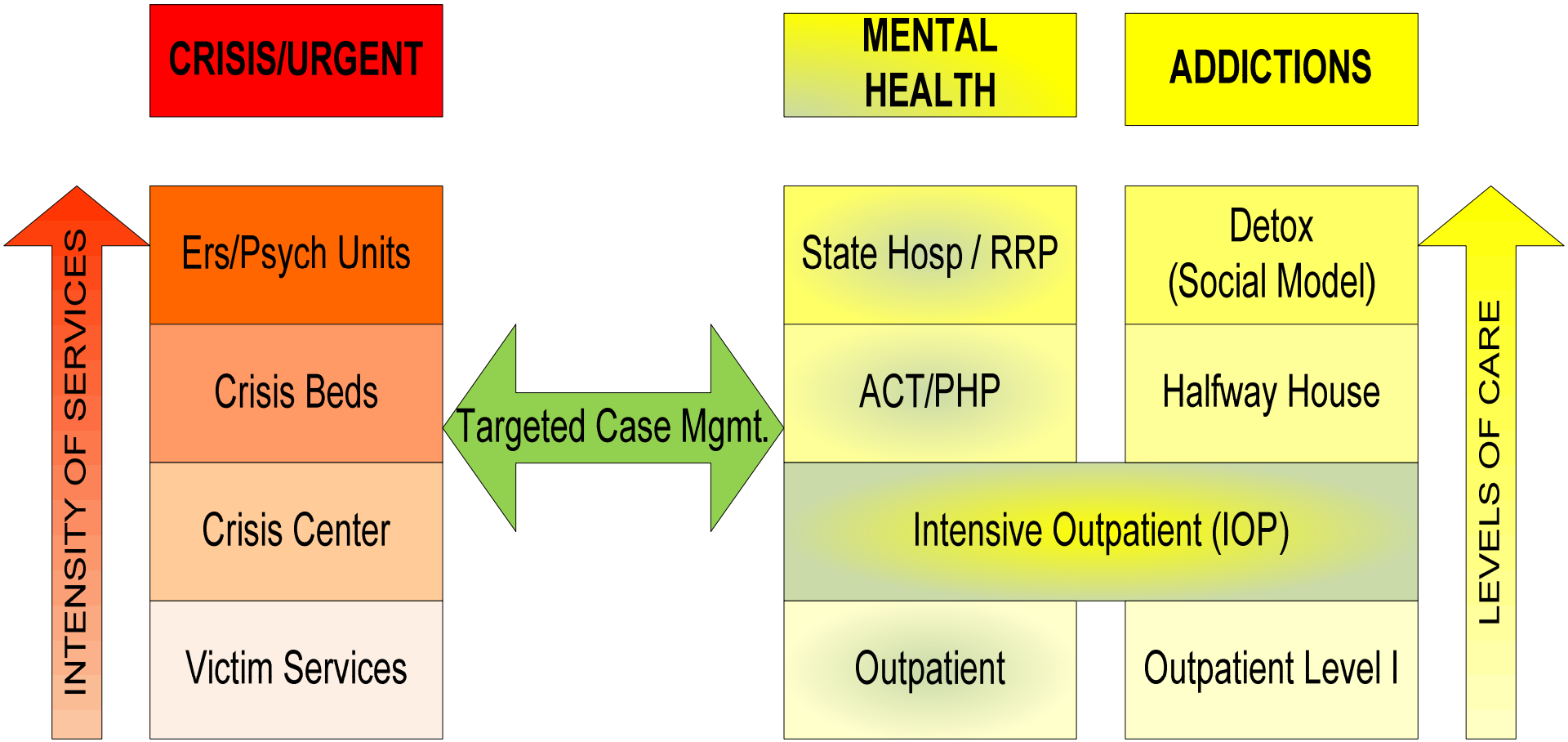
Nurse Manager
Child & Adolescent Services Coordinator
Shawn LaBasco
Program Manager II
Data/Outcomes
Yang Tu
Sr. Planning Specialist
Urine Monitoring Program and Laboratory
Leon Suskin
Program Manager II
Novella Gunzburg
Supervisory Therapist
Meredith Peace
Supervisory Therapist
Cornelia Skipton
Supervisory Therapist
Rafiah Pitnos
Supervisory Therapist
Substance Abuse Prevention
Ben Stevenson II
Program Manager I
Recovery Oriented Systems of Care
Catherine McAlpine
Manager III
Adult Drug Court
Larry Gamble
Manager III
Contract Monitoring Unit
Tracey Bailey
Program Manager II
Contract Monitoring Unit
Maria Rosario
Program Manager II

Front Door Continuum of Services

- Hospital ERs, Avery Road Tx Center
- Crisis Center, Access, SASCA (Kids), Jail Programs
- Montgomery Cares
- Directly to Programs/Clinics (outpatient mental health and/or substance abuse)

MC Continuum of Services



Key Numbers

- Emergencies: Local Hospital/911
- Non-medical crisis situation: Crisis Center 240-777-4000 Walk-in 1301 Piccard Drive
- Substance Abuse Detox: Avery Road Treatment Center 301-762-5613
- Locating MH or Substance Abuse Services: Access to Behavioral Health 240-777-1770
- Substance Abuse Screening for Teens: SASCA 240-777-1430

Other Services in the Community

- Types
- How to find
- Locators: www.mdcsl.org and InfoMontgomery.org
- *Access* as clearinghouse

Summary of Tonight

- “Mental Health”
- Cultural and Family Questions in Responding to MH problems
- Brief Description of MH problems
- HHS BHCS and community resources

Group Discussion: Scenario #1

- Alice is a 38 year old first-generation resident with limited ability to speak or read English. She complains to you that she is having difficulty getting motivated to do things, and having a lot of trouble falling asleep. She says she even feels like crying much of the time, ever since her daughter was born 3 years ago. Alice mentioned that she was raped during her childhood and has never talked about the assault. She has used alcohol since her teen years and she reported drinking more regularly in order to help her sleep. She also has been using valium prescribed by a doctor to help her sleep, but the doctor said that the prescription was one-time only. Alice does not regard her drinking to be causing any problems for her and she plans to continue taking the benzodiazepines to help her sleep.

- Alice is a single parent, living with her mother and younger brother. (She says that they are worriers, too!) She has been waitressing in a family restaurant and she is undocumented. She has never received any mental health treatment. She is financially responsible for her daughter as the child's father moved out of the area and does not provide any support.

Scenarios

- What are some of the signs and symptoms that Alice may have a mental illness?
- Based on Alice's needs, what are some specific resources she can be referred to?

Questions??

Montgomery County Department of Health and Human Services

Access to Behavioral Health Services

255 Rockville Pike #145 Rockville Maryland 20850
Phone: 240-777-1770
TTY: 240-777-4465 Fax: 240-777-4806

Don't have medical insurance and need help with Mental Health and/or Substance Abuse Services from outpatient to residential?

- Call 240-777-1770 Monday through Friday 8:30 to 5 pm *or*
- Walk-in assessments Monday through Friday at 9:00 or 1:00 pm. Visitors are seen on a first-come, first served basis. Visitors should arrive at 8:30am or 12:00pm.

Mission

Access to Behavioral Health Services supports the publicly-funded mental health and substance abuse service system in Montgomery County by providing information and referral, screening, assessment and brief case management for uninsured resident consumers (and their interested families or other professionals).

Services

- Assistance to residents, family members and professionals to find treatment services for uninsured persons with serious mental health or substance abuse needs. Consultation for consumers and professionals about behavioral health needs.
- Telephone screening and referral and walk-in assessments and referrals for mental health and/or substance abuse services for uninsured adults.
- Information about mental health and substance abuse services in the County
- Consultation to assist agencies/programs in planning for clients with mental health/substance abuse needs.
- Bilingual staff speaks English and Spanish. Assistance with other languages is available.

Eligibility

- Available for low income persons of all ages living in Montgomery County who are in need of outpatient mental health services or substance abuse services ranging from outpatient to residential.

Fees

- No fee is charged for these assessment and referral services.

If you are in Crisis or need to speak to someone immediately, please call the Montgomery County Crisis Center at 240-777-4000.

Montgomery County Department of Health and Human Services Mental Health and Crisis Services

Mental Health/Substance Abuse

Adult Drug Court Treatment Program

The Montgomery County Circuit Court Adult Drug Court Program is a voluntary program that offers offenders with drug/alcohol-dependency problems a new opportunity to break the chain of the cycle of drug/alcohol addiction and crime through intensive treatment and monitoring, as well as direct attention from the court. The mission of the Adult Drug Court Program is to eliminate substance abuse, crime, and their consequence, by forging continuing partnerships with the court, health treatment providers, concerned community organizations and law enforcement. Leveraging its partnerships and authority, the court will direct substance-abusing offenders into evaluation and treatment to achieve personal responsibility and productive citizenship. The program consists of three phases and the minimum length of treatment is 20 months, but the actual length of stay is dependent on a participant's progress.

Service(s):	Drug Courts
Target Population:	Adults Probationers
Information Number:	240-777-9141
Location(s):	HS Adult Behavioral Health Services Rollins Avenue, Rockville, MD 20852

Adult Mental Health Program

The Adult Mental Health Program is an outpatient mental health program which provides services, including individual and group psychotherapy, office based case management, and psychiatric medication monitoring to low-income residents of Montgomery County who are experiencing serious mental illness and who are unable to access the public mental health system due to lack of public benefits or their immigration status or income. This program also serves individuals in special situations, such as those discharged from a psychiatric hospital or incarceration, those involved with other health and human service agencies, or those who have experienced treatment failures in the public mental health system. The goals of this program are to improve the mental health of clients and to assist them in increasing their adaptive functioning in the community. Most staff members are bilingual in either Spanish and English or Vietnamese and English. Translation services are available via the Language Line. No private insurances are accepted but the program does accept Maryland Medical Assistance, PAC, and Medicare. A sliding fee scale issued by the Maryland Department of Health and Mental Hygiene is used to determine fees; however, clients are not turned away due to inability to pay.

Service(s):	Outpatient Mental Health Facilities
Target Population:	Chronic/Severe Mental Illness At Risk Adults
Information Number:	240-777-1770
Location(s):	MidCounty Regional Services Center 2424 Reedie Drive, Wheaton, MD 20902

Child and Adolescent Mental Health Program

Provides family-focused outpatient mental health services to children, adolescents, and their families to help address severe emotional, behavioral, substance abuse, and victimization issues. Services include mental health screening & assessment; diagnostic evaluation, family, individual and group

psychotherapy; clinical case management; drug and alcohol assessment, and education; behavioral and medication management and follow up services; and outreach treatment and support services in the selected school sites for children and adolescents who are involved with Montgomery County Public Schools, ED (Emotionally Disabled) classrooms. As a part of the Montgomery County System of Care, Child and Adolescent Mental Health Services coordinates treatment services with family members and other agencies involved with children and families. For more information, please call 240-777-1450.

Service(s):	Outpatient Mental Health Facilities
Target Population:	Adolescents Preadolescent Children Primary School Age Children
Information Number:	240-777-1450
Location(s):	DHHS Offices 7300 Calhoun Pl., Rockville, MD 20855 DHHS Silver Spring Center 8818 Georgia Avenue, Silver Spring, MD 20910

Core Service Agency - Behavioral Health Planning and Management

The CSA is responsible for the planning, development, monitoring and evaluation of publicly funded behavioral health care services. Services include: local system governance; fiscal management of state and federal grants; grievance and appeal resolution; planning and needs assessment; policy development; provider contract development and monitoring; provider recruitment; quality assurance; and training.

Service:	Planning/Coordinating/Advisory Groups
Target Population:	People Without Health Insurance
Information Number:	240-777-1400

Medical Care for Homeless Adults

The Medical Care for Homeless Adults Program works with adults experiencing homelessness in Montgomery County to help them access medical care, obtain prescription medications and apply for public medical benefits. Nurse case management is offered to shelter clients. In addition, the program provides hospital discharge planning for homeless individuals who were admitted to a hospital in Montgomery County for a medical reason. Access to medical shelter beds within an emergency shelter is available. Nurses collaborate with shelter providers to develop a plan of care.

Service(s):	General Medical Care Transitional Case/Care Management
Target Population:	Adults Homeless People
Information Number:	311
Location(s):	Community Based

Medication Assisted Treatment (Methadone)

The Medication Assisted Treatment (Methadone)Program offers an alternative outpatient program to adults (18 and over) who are addicted to narcotic drugs or opiates such as heroin, oxycodone, and percocet, who live in Montgomery County. MAT is a comprehensive addiction treatment program that provides medication management with methadone and other medications such as buprenorphine. MAT provides integrated treatment for persons who also have mental health needs including psychiatric evaluation, medication management, and therapy are provided. The philosophy of the program is an abstinence-oriented approach, and includes participation in self-help programs(NA,AA, Al Anon).

Service(s):	Substance Abuse Day Treatment

Target Population:	Adults Substance Abusers
Information Number:	240-777-3325
Location(s):	DHHS Adult Behavioral Health Services 981 Rollins Avenue, Rockville, MD 20852

Mental Health/Substance Abuse Screening and Referral

The Mental Health/Substance Abuse Screening and Referral program (also known as ACCESS to Behavioral Health)provides assessment and linkages for low income persons of all ages living in Montgomery County who have no commercial insurance and who are in need of services for major mental health and/or substance abuse problems. Provides in-person or telephone clinical assessment and financial screening and referral for public services; consultation to assist agencies/programs in planning for clients with mental heath and/or substance abuse needs; and information about mental health services in Montgomery County.

Service(s):	Specialized Information and Referral Therapy Referrals
Target Population:	Low Income
Information Number:	240-777-1770
Location(s):	DHHS Offices at 255 Rockville Pike 255 Rockville Pike, First Floor, Rockville, MD 20850

Mental Health Targeted Case Management

Targeted Case Management (TCM) services assist individuals with serious mental illness and/or co-occurring substance abuse disorders to gain access to the full range of mental health services, as well as to additional needed services, including substance abuse treatment, medical, employment, social, financial assistance, counseling, educational, housing, and other support services. TCM serves primarily as a broker to mental health treatment and other services, providing case management on a short-term basis. No medical, dental, or psychiatric treatment is directly provided. Case management services typically last for three to six months.

Service(s):	Psychiatric Case Management
Target Population:	Adults Chronic/Severe Mental Illness Substance Abusers
Information Number:	240-777-1770
Location(s):	Delivered In Home

Outpatient Addiction Services

Outpatient Addiction and Mental Health Services is a program that delivers care to individuals with mental health and substance abuse symptoms and disability. Symptoms are serious enough that extensive support, monitoring and accommodation is necessary for the individual to participate in the treatment process; but there is no evidence of significant danger to self or others, a need for detoxification, or 24-hour psychiatric supervision. These individuals may have a history of suicide. Disability is defined as long-term, potentially lifelong, functional impairment as a result of substance dependence and/or a mental health disorder. This includes persons with severe and persistent mental illnesses who have a significant history of relapse, multiple recurrences of a mental health disorder, and/or evidence of continued impairment in several areas (capacity to manage relationships, job, finances and social interactions).

Service(s):	Addictions/Dependencies Support Groups Group Counseling Outpatient Mental Health Facilities

Target Population:	Adults Chronic/Severe Mental Illness Substance Abusers
Information Number:	240-777-1680
Location(s):	DHHS Adult Behavioral Health Services 981 Rollins Avenue, Rockville, MD 20852

Screening and Assessment Services for Children and Adolescents (SASCA)

Conducts assessments and makes treatment recommendations and referrals for Montgomery County youth. Specific services include information regarding substance abuse assessment and treatment services; assessment of drug and alcohol abuse as well as other related problems; urine drug screen; referral for drug and alcohol education seminars for youth and families; and referral for appropriate treatment services.

Service(s):	General Assessment for Substance Abuse Specialized Information and Referral
Target Population:	Adolescents Preadolescent Children
Information Number:	240-777-1430
Location(s):	DHHS Offices 7300 Calhoun Pl., Rockville, MD 20855

Senior Mental Health Program

Outreach mental health services for seniors who cannot or will not go to office-based services; mental health consultation to assisted living providers, senior center directors, Housing Opportunities Commission resident counselors; psycho education (education to the public about mental health issues); drop-in groups at senior centers; senior mental health education and consultation to DHHS staff.

Service(s):	Geriatric Counseling Mental Health Information/Education
Target Population:	Older Adults
Information Number:	240-777-3990
Location(s):	Delivered In Home

Urine Monitoring Program (Drug Testing)

Provides random and weekly collection and testing of urine samples for drugs of abuse. All samples are collected with direct observation by program staff and are handled in a chain-of-custody to ensure security of samples and validity of results. Services are available to agency partners and private citizens for a per test fee. Results may be released to a referral source.

Service(s):	Drug/Alcohol Testing
Target Population:	Substance Abusers
Information Number:	240-777-4710
Location(s):	DHHS Offices at 255 Rockville Pike 255 Rockville Pike, Suite 100, Rockville, MD 20850

Abuse/Neglect/Violence

Crisis Services
The County's 24 Hour Crisis Center provides telephone and walk-in services.
Phone: 240-777-4000
TTY: 240-777-4815

Abused Persons Program
The program provides crisis and ongoing counseling, shelter, support and advocacy services to victims of partner-related domestic abuse (domestic violence) and their families. Customers in need may also access services via the county's Crisis Center.

Service(s):	Crisis Shelter Family Violence Counseling Spouse/Domestic Partner Abuse Prevention
Target Population:	Abused Adults
Information Number:	240-777-4195
Location(s):	MidCounty DHHS Building 1301 Piccard Drive, Rockville, MD 20850 DHHS Silver Spring Center 8818 Georgia Avenue, Silver Spring, MD 20910 DHHS Adult Behavioral Health Services 981 Rollins Avenue, Rockville, MD 20852

Adult Protective Services
A state mandated program that investigates allegations of abuse, neglect, self neglect and/or exploitation of vulnerable adults. The program provides professional services to reduce risk factors and promote protection of the health, safety and welfare of endangered, vulnerable adults. A vulnerable adult is one who lacks the physical or mental capacity to provide for his/her daily needs.

Service(s):	Adult Protective Services
Target Population:	Older Adults Functional Disabilities
Information Number:	240-777-3000
Location(s):	DHHS Administrative Offices 401 Hungerford Drive, Rockville, MD 20850

Adult Public Guardianship
The adult public guardianship program provides surrogate decision making for disabled adults adjudicated as incapacitated by the Circuit Court, and in need of the service. The program provides case management under the direction of the court and is only considered when there are no other alternatives.

Service(s):	Public Guardianship/Conservatorship Programs
Target Population:	Older Adults Functional Disabilities
Information Number:	240-777-3000
Location(s):	Delivered In Home

Child Abuse and Neglect Hotline
This program investigates reports of suspected child abuse and neglect to ensure the safety of children and help families stay together. This hotline responds to calls about children living in Montgomery County.

Service(s):	Children's Protective Services
Target Population:	Abused Children
Information Number:	240-777-4417
Location(s):	MidCounty DHHS Building 1301 Piccard Drive, Rockville, MD 20850

Street Outreach Network (Gang Prevention)

The mission of the Street Outreach Network is to prevent, neutralize, and control hostile behavior in high risk youth and youth gangs through the development of positive relationships between youth/community stakeholders and the outreach workers. The outreach worker will utilize positive youth development programs and leisure time activities as the intervening vehicle for redirecting antisocial and aggressive behaviors.

Service(s):	Gang Programs
Target Population:	Adolescents At Risk Youth
Information Number:	240-777-1264
Location(s):	Community Based

Tree House Child Assessment Center

The Tree House Child Assessment Center provides comprehensive medical assessment, mental health services, forensic interviewing and victim advocacy services to reduce the trauma and promote healing for child victims of physical abuse, sexual abuse and neglect.

Service(s):	Children's Protective Services
Target Population:	Adolescents Preadolescent Children Primary School Age Children Infants/Toddlers At Risk Families
Information Number:	240-777-4699

Victim Assistance and Sexual Assault Program (VASAP)

The Victim Assistance and Sexual Assault Program (VASAP) assists victims of crimes such as rape/sexual assault, homicide, driving while intoxicated (DWI), car jacking, torture, hate crimes, arson, larceny, robbery, auto theft and vandalism. The program provides information and referral, advocacy, crisis and ongoing counseling, support and compensation services for victims of crimes committed in Montgomery County or crime victims who live in Montgomery County. Assistance is also provided to the victims' families, significant others, and men or women who have been victims of childhood sexual abuse. Staff also works to educate public about issues related to sexual assault and rape, human trafficking and labor servitude and other issues. Speakers are available to participate in meetings and forums geared to public education.

For immediate assistance, call:

☎ 240-777-1355 weekdays
☎ 240-777-4357 24-hour crisis line
☎ 240-777-1347 TTY
☎ 240-777-1329 FAX

Contact us by email at vasap@montgomerycountymd.gov.

Your Leading Mental Health Resource
1000 Twinbrook Parkway, Rockville, MD 20851
301.424.0656 • www.mhamc.org

MORE THAN JUST "THE BLUES"

Mental Health Resources for Montgomery County Residents

Feeling sad a lot of the time? Use this list of mental health facilities and agencies to get help for depression or other mental health concerns. You may need to call several numbers to determine the place that best meets your needs.

Montgomery County Access to Behavioral Health Services

Main Line 240-777-1770 **Alternate Line 240-777-4710**

For assistance in obtaining appropriate outpatient mental health or substance abuse services for persons eligible for the public behavioral health system.

Walk-In assessments and evaluation: Monday through Friday at 9 AM or 1 PM. Located at 255 Rockville Pike, Suite #145 Rockville, MD

Value Options Maryland **800-888-1965**
Implements the public mental health system for people eligible for medical assistance and people who receive state subsidization for services.

Mental Health Services for Seniors and Persons With Disabilities **240-777-3990**

Montgomery County Crisis Center **240-777-4000**
1301 Piccard Drive Rockville, MD 20850
Immediate response to mental health and situational crises through telephone, walk-in and mobile outreach services. Open 24 hours, 7 days a week.

Childlink **240-777-GROW (4769)**
Information & referral service for children, birth to 5 years old, and their families.

Montgomery County Screenings/Assessment Services for Children/Adolescents **240-777-1430**

Montgomery County 311 **3-1-1**
311 is Montgomery County's phone number for non-emergency government information and services. www.montgomerycountymd.gov/311.

NON-PROFIT PROFESSIONAL MENTAL HEALTH SERVICES

Affiliated Community Counselors (Rockville, MD)	Medical Assistance	Sliding Fee	Private Insurance	301-251-8965
Affiliated Santé Group (Silver Spring, MD)	Medical Assistance		Self-Pay	301-589-2303
Andromeda Transcultural Health Center (NW Washington, DC)	Medical Assistance	Free Services	Private Insurance	202-291-4707
Catholic Charities (Nonsectarian) (Rockville, Gaithersburg, Silver Spring, Wheaton)	Medical Assistance	Sliding Fee	Private Insurance	301-942-1790
Cornerstone Montgomery (Bethesda, MD)	Medical Assistance		Private Insurance	301-493-4200
Family Services, Inc. (Gaithersburg, MD)	Medical Assistance		Private Insurance	301-840-3200
Jewish Social Service Agency (nonsectarian) (Serving MD, DC & VA)	Medical Assistance	Sliding Fee	Private Insurance	301-881-3700
Pastoral Counseling & Care Ministries (Silver Spring, ext.3 & Bethesda, ext. 2 or 6)		Sliding Fee	Private Insurance	888-626-2273
Pastoral Counseling & Consultation Centers of Greater Washington (MD, DC & VA)		Sliding Fee	Private Insurance	202-449-3789
Reginald S. Lourie Center for Infants and Young Children (Rockville, MD)	Medicaid		Some Insurance	301-984-4444
Washington & Waldorf Pastoral Counseling Service (15+ locations in MD & DC)	Medicare	Sliding Fee	Private Insurance	301-681-3201

MORE THAN JUST "THE BLUES"

AREA HOTLINES

These 24-hour Hotlines can provide additional information, referrals and supportive conversation.

Montgomery County Hotline	**301-738-2255**	National Suicide Prevention Lifeline & Veterans Crisis	**800-273-TALK (8255)**
MHA Military Outreach Helpline (M-F, 9-4pm)	**301-738-7176**	For Hearing and Speech Impaired with TTY Equipment	**800-799-4TTY (4889)**
Montgomery County Youth Crisis Line	**301-738-9697**	Red Nacional de Prevención del Suicidio	**888-628-9454**
Maryland Youth Crisis Line	**800-422-0009**	Relay Service for the Deaf	**800-735-2258**
Montgomery County Crisis Center	**240-777-4000**	211 Maryland	**866-411-6803** or **211**
		Crisis Link Hotline	**703-527-4077**

SELF-HELP & SUPPORT GROUPS

To find a group near you, call these toll-free numbers:

Depression and Bipolar Support Alliance	**800-82-NDMDA(63632)**	National Alliance for the Mentally Ill – Mo. Co.	**301-949-5852**
National Alliance for the Mentally Ill	**800-950-NAMI (6264)**	Mental Health America	**800-969-NMHA (6642)**

HOSPITALS

Most have inpatient and/or outpatient treatment, as well as a list of doctors for referral.

Children's National Medical Ctr.	Rockville, MD	**301-765-5440**	Montgomery General Hospital	Olney, MD	**301-774-8800**
Doctors Community Hospital	Lanham, MD	**301-552-8118**	Adventist Behavioral Health	Rockville, MD	**301-251-4500**
G.W. University Hospital	Washington, DC	**202-741-2888**	Psychiatric Institute of Washington	Washington, DC	**202-885-5600**
Georgetown University Hosp.	Washington, DC	**202-944-5400**	Sibley Memorial Hospital	Washington, DC	**202-537-4770**
Holy Cross Hospital	Silver Spring, MD	**301-754-7860**	Suburban Hospital	Bethesda, MD	**301-896-3100**
INOVA Fairfax Hospital	Northern VA	**703-776-2916**	Washington Adventist Hospital	Takoma Park, MD	**301-891-5600**
Laurel Regional Hospital	Laurel, MD	**301-497-7980**	Washington Hospital Center	Washington, DC	**202-877-5767**

YOUTH SERVICES CENTERS

Each center serves designated communities

GUIDE Program at Family Services: Community-Based Youth Services (Gaithersburg/Olney)	Medical Assistance	Sliding Fee & Free Services	No Private Insurance	240-683-6580
GUIDE Upcounty Program at Family Services: Community-Based Youth Services (Damascus, Northwest, Poolesville, Quince Orchard, Seneca Valley, Clarksburg HS)	Medical Assistance	Sliding Fee & Free Services	No Private Insurance	301-972-0307
Kensington Wheaton Youth Services/MHA (Einstein, Kennedy, Wheaton HS)	Medical Assistance	Sliding Fee & Free Services	No Private Insurance	301-933-2818
Rockville Youth & Family Services Bureau (Richard Montgomery, Rockville, Wootton HS)	Medical Assistance	Sliding Fee & Free Services	No Private Insurance	240-314-8310
YMCA Youth & Family Services (Bethesda-Chevy Chase, Blair, Blake, BCC, Churchill, Paint Branch, Springbrook, Walter Johnson, Whitman HS)	Medicaid	Sliding Fee & Free Services	No Private Insurance	301-593-1160

Asian American Health Initiative

Together To Build A Healthy Community

Mental Health 101 Health Promoter Training

Thursday, January 22, 2015

Case Scenario Activity

Alice is a 38 year old first-generation resident with limited ability to speak or read English. She complains to you that she is having difficulty getting motivated to do things, and having a lot of trouble falling asleep. She says she even feels like crying much of the time, ever since her daughter was born 3 years ago. Alice mentioned that she was raped during her childhood and has never talked about the assault. She has used alcohol since her teen years and she reported drinking more regularly in order to help her sleep. She also has been using valium prescribed by a doctor to help her sleep, but the doctor said that the prescription was one-time only. Alice does not regard her drinking to be causing any problems for her and she plans to continue taking the benzodiazepines to help her sleep.

Alice is a single parent, living with her mother and younger brother (she says that they are worriers, too!). She has been waitressing in a family restaurant and she is undocumented. She has never received any mental health treatment. She is financially responsible for her daughter as the child's father moved out of the area and does not provide any support.

What are some of the signs and symptoms that Alice may have a mental illness? Based on Alice's needs, what are some specific resources she can be referred to?

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