**Chapter 10: Community Resources**

1. **How to print a list of local mental health providers that accept Tricare**

**Overview:**

Every encounter is an opportunity for a therapeutic intervention. Not every patient needs to be admitted. When sending patients out, psychiatrists can utilize community resources as part of the patient’s discharge plan.

**Print a list of mental health providers who accept Tricare near your patient’s home:**

Humana Military is the company that manages “network care” for Tricare on the East Coast. This means care by providers not operating at military treatment facilities.

(Note: Healthnet manages “network care” on the West Coast:

<https://www.tricare-west.com/content/hnfs/home/tw/bene/provider-directory.html> )

Non-Active Duty dependents are eligible for network care and may prefer to see outside providers; or be forced to due to clinic policies. Often, a patient otherwise not needing admission can be helped significantly by being given a directory of network providers. This is particularly helpful in child and adolescent cases. PODs can construct a directory in the following way:

Step 1: Go to the Humana Military Site:

https://www.humanamilitary.com/find-a-provider

Step 2: Select “Find a Tricare Provider”

Step 3: Add the patient’s zip code, provider type “behavioral health”, distance from given starting point (patient’s home), and specialty (Psychiatry, Psychiatric Hospital, Child and Adolescent Therapy, Substance Rehabilitation). Click “Search”.

Step 4: The Printable directory works best when you scroll to the bottom and change “Page size” to 50. If there are multiple pages you will have to load them separately before printing, as the printer will only print the page that is visible to you.

Step 5: Print and hand to patient directly.

1. **Free or low cost mental health resources for some or all of these populations: Active Duty, Veterans, and Dependents**

* **Military OneSource** - Confidential Non-Medical Counseling (not documented in EMR)
  + Overview: <https://www.militaryonesource.mil/confidential-help/non-medical-counseling>
  + Schedule appt: <https://www.militaryonesourceconnect.org/achievesolutions/en/militaryonesource/ConsultationScheduleChat.do>
  + 800-342-9647 (24/7)
* **Give An Hour**- Civilian mental health providers volunteer free mental health services to: active duty, national guard, reservists, veterans, and their family members. They also serve victims of natural disasters, man-made trauma, and gun violence.
  + https://giveanhour.org/
  + Select “get help” 🡪 “search for provider” then enter patient’s zip code, the type of support they’re looking for, language preference, etc.
* **Steven A Cohen Military Family Clinic** – Provides no or low-cost mental health services to any person who has served in the armed forces, including the National Guard and Reserves, regardless of role or discharge status. Services: various types of psychotherapy, case management, and coordination with community programs including caregiver support, childcare, employment support, housing, legal assistance, etc.
  + Organization website: <https://www.cohenveteransnetwork.org/about-us/>
  + Silver Spring Clinic Website: <http://www.easterseals.com/DCMDVA/our-programs/cvn-home.html>
  + Address: 1420 Spring St. Suite 300 Silver Spring, MD 20910
  + Phone: (240) 847-7500
* **Washington DC VA Mental Health Services**: Neuropsychology, psychosocial rehabilitation, trauma services
  + <https://www.washingtondc.va.gov/departments/psychology-mental-health-clinic.asp>
  + Phone: 202-745-8355/8267
* **Martinsburg WV Mental Health Services:** Specific resources for the following veteran populations: homeless, LGBT, veterans’ caregivers, PTSD, addiction, supported employment, military sexual trauma
  + <https://www.martinsburg.va.gov/services/mentalhealth.asp>
  + Phone numbers: (304)-263-0811, (800)-817-3807
  + 510 Butler Avenue,  Building 213, Martinsburg, WV 25405
  + Awesome guy who works there and runs weekly PTSD therapy groups for veterans: Tony Henderson: Tony.Henderson2@va.gov

1. **Maryland mobile crisis information**

**Anne Arundel County**

* <http://www.aamentalhealth.org/pr_warmline.cfm>
* 410-768-5522

**Howard County**

* <http://www.howard.md.networkofcare.org/mh/emergency-services.aspx>
* <http://howard.md.networkofcare.org/mh/services/subcategory.aspx?tax=RP-1500>
* (410) 531-6677

**Montgomery County**

* <https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCS24hrcrisiscenter-p204.html>
* 240-777-4000

**Prince George’s County**

* <https://www.thesantegroup.org/prince-georges-county-crisis>
* Crisis Hotline: 301-429-2185
* Substance Use Referrals: 301-298-2628 ext. 3100

1. **National Crisis Hotlines**

* National Suicide Prevention Hotline: 1-800-273-TALK (8255)
* National Helpline treatment referral and information service: 1-800-662-HELP (4357)
* Veterans, Military, and Family Crisis Line: 1-800-273-8255, Press 1
* Disaster Distress Helpline: 1-800-985-5990

1. **The Maryland Early Intervention Program For Psychosis**

**What is the Early Intervention Program?**

We offer specialized programs with expertise in the early identification, evaluation, and comprehensive psychiatric treatment of adolescents and young adults at risk for, or in the early stages of, a mental illness with psychosis.

We use an integrated approach to address the health and mental health needs of young adults, including providing support for co-occurring substance use disorders, and metabolic and other co-occurring medical conditions. The EIP is committed to reducing disability by equipping individuals at risk and their families with tools to manage their illness, move successfully through the developmental stages of growth, and establish a life of their choosing.

**Who does the Early Intervention Program serve?**

■ Individuals in the early stages of a mental illness with psychosis who may have strange and unusual experiences, such as

* *Hearing or seeing things that others do not see or hear*
* *Having unusual thoughts or beliefs that appear as strange to themselves or others*
* *Feeling fearful or suspicious of others, sometimes including others they usually trust*
* *Isolating themselves from family and friends*

■ Health and behavioral health providers interested in

* *Learning about early psychosis*
* *Receiving consultations on complex cases*
* *Implementing or Supporting an Early Intervention Team*
* *Referring individuals in the early stages of a mental illness with psychosis for treatment*

■ Family members, friends, educators, and others interested in learning about the early stages of a mental illness with psychosis and available services.

**What services are available?**

We are striving to develop a comprehensive, state-wide program, with services provided within the University of Maryland, as well as by satellite sites across the state. All EIP activities are guided by a multi-disciplinary Advisory Council, including youth, family and consumer advocacy membership. We integrate research into each of these components and will focus on using existing/new objective methods for early detection and prediction of disease emergence, progress, or recovery.■ **Outreach and Education** – to behavioral health providers, schools, colleges/universities, youth and family organizations, and primary care settings.

■ **Clinical Services** –for individuals (aged 12-30) having experiences that indicate a risk for future psychosis, who have early signs of psychosis, or who are in the initial stages of psychosis.

■ **Consultation Services** – to providers regarding identification and treatment for individuals that may be experiencing symptoms that may be predictive of future psychosis, who have early signs of psychosis, or are in the initial stages of psychosis.

■ **Training and Implementation Support** – to providers establishing Early Intervention Teams (EITs) throughout the state; creating a learning collaborative so that EITs and others providing services to those with early psychosis

can collaborate, share resources, provide support, and coordinate services.

**Who is operating the EIP?**

The EIP builds on the foundation of the University of Maryland School of Medicine Department of Psychiatry Maryland Psychiatric Research Center and the Divisions of Child and Adolescent Psychiatry, Community Psychiatry, Psychology, and Psychiatric Services Research; and the University of Maryland Baltimore County Department of Psychology.

**How can I learn more?**

To get more information, request education, make referrals, or request consultations, contact us at:

**(877) 277-MEIP (6347)**

E-mail [info@MarylandEIP.com](mailto:info@MarylandEIP.com)

Visit our website at [www.MarylandEIP.com](http://www.MarylandEIP.com)