

## Best Practices Discharge Planning

Provider		Description
<b>Behavioral Health</b>	Homeless Outreach Team	Assists homeless persons to find temporary and transitional housing. Additional services include case management, and outreach services to hospitalized individuals when appropriate.
	Interactive Voice Response System	The call system will identify appropriate, non-shelter, placements and dispositions. Additional support such as transportation, legal services, and specialized interventions will also be offered. All resource information will be faxed to the caller within several minutes of placing the call.
	PACT	The PACT model is conceptualized as a "hospital without walls". The model, which has a demonstrated effectiveness in other major cities, provides the opportunity for intensive clinical assessment and intervention for clients who have a serious mental illness and are often treatment resistant. Some of the individuals who have been successfully treated through the PACT model are also homeless. PACT teams provide outreach, tracking and housing coordination and assistance.
	Community Support Program (CSP)	The role of the CSP is to facilitate treatment access, coordinate, negotiate, and ensure the appropriateness of services and resources that are necessary to meet consumer needs. The CSP is a key intervention strategy for improving access to the service system by members who are homeless. Given that many people who are homeless may be distrustful and suspicious of service providers (and value their autonomy), one of the CSP's primary tasks is to engage people who are homeless and develop and nurture trust and a working alliance. The Intensive Case Management program and CSP services are designed to assist members to overcome their distrust of service providers, coordinate needed treatment and support services, and guide members along the treatment continuum.
<b>Corrections</b>	Fortune Society	Fortune Society, a New York non-profit organization staffed primarily by ex-offenders, provides housing and services to former prisoners. Operates the Castle, a 59-bed center on the western edge of Harlem.
	Druid Heights	Druid Heights, a transitional Housing for Ex-Offenders, Baltimore, Maryland, started with a grant from the Enterprise Foundation. The project is part of an overall neighborhood revitalization strategy.
	Safer Foundation	Safer Foundation, Chicago, provides education, employment and supportive services to ex-offenders and offenders. Manages secured residential centers.

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	Project Return	Project Return, New Orleans, is a 90-day program that provides drug counseling, education, and job training. Incorporates non-traditional methods for grief counseling such as tribal rituals.
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<p><b>Health Care</b></p>	<p>Freestanding Medical Respite Unit</p>	<p>The ideal medical respite care model is the freestanding respite unit. In this model one organization, such as a homeless health care project, owns and operates the program in a separate leased or purchased facility, designed specifically for medical respite services. While clearly more costly than the other approaches, this model does provide the most appropriate environment for delivering medical services to homeless people in need of recuperative care. The ability to control policies and procedures -- including admissions, discharges, and health and safety guidelines -- creates an opportunity to design a program best-suited to the needs of homeless patients. The immediate medical need also serves as an incentive to bring homeless people into a stable environment in which they can be linked with other services that ultimately may be the key to positive change in their lives. Effective integration of mental health, substance abuse, case management, dental and other services can enhance the potential for full physical and emotional recovery and a return to housing.</p>
	<p>Shelter Based Models</p>	<p>There are numerous configurations within the shelter-based model, varying primarily in the intensity and comprehensiveness of medical and other services offered, as well as differences in who employs the staff. Some shelters have set aside areas within their facilities for medical respite units in which they provide 24-hour nursing care and other services. Respite programs are sometimes developed as collaborations using shelters to provide the facility, while another agency -- such as a homeless health care project -- provides the services. This model is similar to a freestanding respite unit, with the exception that the facility and beds are still provided by an existing shelter and there are other shelter guests and activities taking place in the same location. The next level of shelter-based care involves a slightly less formal arrangement within the shelter, perhaps with a particular area set aside and shelter personnel responsible for the basic care of respite clients. This arrangement is most suitable for clients who do not need 24-hour nursing care and who are not contagious.</p>

<b>Mental Health</b>	Access to Benefits	People with disabilities, including those disabled by a severe mental illness, are entitled to monthly income-support payments through two different federal programs: SSI for those with low incomes and SSDI for people who have worked and paid Social Security taxes. Many people whose SSDI benefit is too low because they worked only a short time can qualify for both SSDI and SSI.
	Continuity of Care	These federal disability benefits are linked with health care coverage: <ul style="list-style-type: none"> <li>• In most states, SSI recipients automatically have Medicaid coverage. Where they do not, a separate application will enable most to secure Medicaid.</li> <li>• All SSDI recipients qualify for Medicare after a 24-month wait. <input type="checkbox"/></li> </ul>
	Collaborations	Individuals with mental illnesses should continue to have access at least to basic mental health services (particularly counseling and appropriate medications) while in a program as well as without interruption after release. In Springfield, Massachusetts, persons are assigned to one of four community health centers and staff from that center come in to furnish health and mental health services. This provides continuity upon release because the same staff see the person in the community. Springfield also uses students from a local dental school to provide dental services to inmates. A similar model could allow mental health treatment to be furnished through medical residency programs, providing experience for the doctors and benefits.
<b>Foster Care</b>	Specialized Support	<p>Aftercare support services</p> <p>Youth aged 18-22, inclusively, who have been in foster care, meet certain conditions, and are determined eligible by the department. Temporary assistance provided to prevent homelessness. The amount provided is based on funds available.</p> <p>Services to assist young adults who were formerly in foster care to continue to develop the skills and abilities necessary for independent living.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Mentoring and tutoring</li> <li><input type="checkbox"/> Mental health services and substance abuse counseling</li> <li><input type="checkbox"/> Life skills classes, including credit management and preventative health activities</li> <li><input type="checkbox"/> Parenting classes</li> <li><input type="checkbox"/> Job skills training</li> <li><input type="checkbox"/> Counselor consultations</li> <li><input type="checkbox"/> Temporary financial assistance</li> </ul>

<b>Source</b>
<a href="http://www.pinellascounty.org/homeless-policy-group/pdf/deliverable_3.pdf">www.pinellascounty.org/homeless-policy-group/pdf/deliverable_3.pdf</a> pgs. 42-44
<a href="http://www.nrchmi.samhsa.gov/search/detail.asp?ResID=6072">http://www.nrchmi.samhsa.gov/search/detail.asp?ResID=6072</a> Miami-Dade has implemented this with success.
<a href="http://www.namimass.org/pact/pact.htm">http://www.namimass.org/pact/pact.htm</a>
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<http://www.projectreturn.com/index.php>  
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