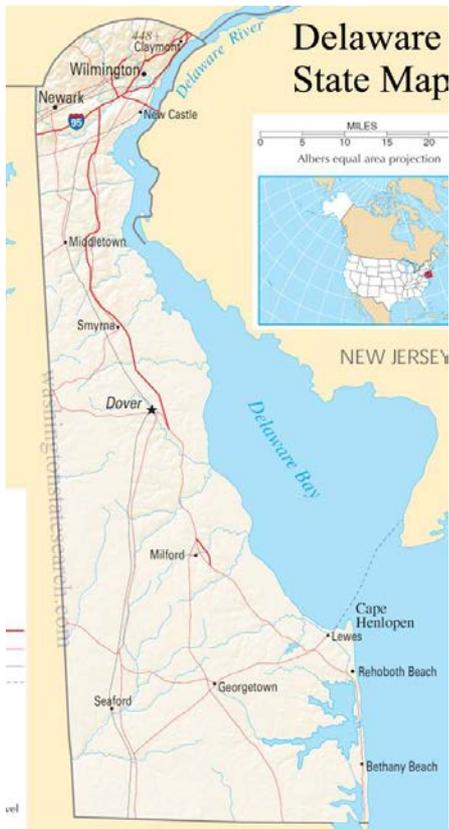




DELAWARE HEALTH AND SOCIAL SERVICES

Division of Substance Abuse and Mental Health

1901 North DuPont Highway, New Castle, Delaware 19720



***Community
Mental Health Center
services are offered
throughout Delaware.***

KENT MENTAL HEALTH CLINIC

James Williams State Service Center, Dover, DE

302-857-5060

Contact: Glenn Owens

SUSSEX MENTAL HEALTH CLINIC

Thurman Adams State Service Center, Georgetown, DE

302-856-5490

Contact: Kathy Finkle

WILMINGTON MENTAL HEALTH CLINIC

1906 Maryland Ave., Wilmington, DE 19805

302-778-6900

Contact: Joseph Tegtmeier

NEWARK MENTAL HEALTH CASE MANAGEMENT PROGRAM

261 Chapman Rd., University Plaza, Newark, DE 19702

302-453-4108

Contact: Wanda Thompson

Community Mental Health Centers (CMHC) provide services ranging from short-term counseling to intensive services for persons with serious, persistent mental illness, substance use disorders and co-occurring disorders. CMHCs are operated by the Delaware Department of Health and Social Services' (DHSS) Division of Substance Abuse and Mental Health (DSAMH).

The CMHC assists in finding appropriate mental health treatment based on the needs of the individual. CMHC services are offered on a sliding fee scale based on client income.



COMMUNITY MENTAL HEALTH CLINICS

Provide a continuum of care including:

- ***Crisis Intervention***
- ***Assessment***
- ***Short Term Counseling***
- ***Referral Services***
- ***Long Term Outpatient Clinical Services***

COMMUNITY MENTAL HEALTH CLINICS

Clinic staff:

- **Have diverse backgrounds and experience**
- **Hold a variety of professional credentials***
- **Are experienced in treating Co-occurring Disorders**
- **Offer Trauma Informed Care with a Person-centered Focus**
- **Include Peers as part of the treatment team**
 - **Trauma Specialist**
 - **CommonGround Peers**

****Examples of staff credentials: LPCMH, LCSW, CADC, CCDPD, RN, Advanced Nurse Practitioners and Psychiatrists. Each site varies by size and staff distribution.***

COMMUNITY MENTAL HEALTH CLINICS

Assessment, Triage and Treatment (Front Door Team)

- **Initial screening & assessment**
- **Orientation including introduction to a recovery-focused model**
- **Crisis intervention**
- **Short-term counseling**
- **Active referral/linkage assistance**
- **Revolving cumulative census of 375 clients in Front Doors**

Long Term Intensive Services

- **Medication services**
- **Health education**
- **Individual counseling services**
- **Groups**
- **Case management assistance**
- **Approximate census of 1200 clients in the CMHCs**

Referring Out Vs. CMHC

Clinical Core Services SPMI*

- Schizophrenia and other thought disorders
- Mood disorders
- Anxiety disorders
- Personality disorders
- SPMI with co-occurring present
- Unusual needs not met by community providers

*SPMI = Severe, Persistent Mental Illness

Decisions To Refer Out

- Needs daily alcohol and drug outpatient services
- Needs DUI court mandated program
- Requires Medication Assisted treatment like Suboxone or Methadone
- Has accessible, affordable private health care plan

Treatment Paradigms

- Core population: consumers living with a severe and persistent mental health illness (SPMI), including those with co-occurring disorders.
- Services offered on a continuum, determined by consumer needs—from weekly, twice per month, monthly, and every three months (reserved for long-term, psychiatrically stable consumers).
- CMHC embraces ongoing staff development through DSAMH-sponsored training, ongoing professional education, and clinical supervision.
- Staff routinely exposed to current recovery strategies such as Motivational Interviewing, Illness Management/Recovery strategies, Cognitive Behavioral Therapy, Co-Occurring practices, Trauma Informed Care and other nationally accepted best practices.
- Recovery plans reviewed via clinical supervision with an emphasis on ensuring active consumer participation in the process

CMHCs can partner with Crisis Intervention Services

- 24-hour telephone response**
- Linkage and community supports**
- After hours psychiatric consultation**
- Community outreach**
- Access to inpatient psychiatric treatment**
- Critical Incident Stress Debriefing**
- Community networking**

Call

800-652-2929 in New Castle County/Greater Smyrna

800-345-6785 in Kent & Sussex Counties

24 hours a day ~ 7 days a week

If you need mental health services or have questions or concerns regarding the services available, please call your local CMHC or contact the CMHC Director below.

Division of Substance Abuse & Mental Health

CMHC Director's Office

261 Chapman Rd., University Plaza

Newark, DE 19702

302-453-4108

Contact: Stan Kotula