

# FOUNDATION STONES, INC.

## A COMPARISON OF MENTAL HEALTH SERVICES

### Life Skills Coaching & Independent Living Skills

**DESCRIPTION:**

Primarily designed to serve clients transitioning to independent living due to family dissolution or out of home placement; services include money management, anger management, self esteem, leadership development, study skills, etc.

**ALLOWANCES:**

\*10 hours of weekly service allowed \*Approach is counseling & LEADERSHIP development with a strong focus on improving decision making \*Serves age 14 to 19

**LIMITATIONS:**

\*Clients are FAPT funded. Medicaid ILS starts at age 19 and older

**PURPOSE & OUTCOME:**

Assist the client in developing life skills to live outside of the home if & when necessary, Utilizes individual & group sessions for increased success, HOLISTIC

### Intensive In Home

**DESCRIPTION:**

Primarily designed to serve youth in the home setting for the purpose of family preservation and typically focused on improving behaviors

**ALLOWANCES:**

\*10 hours of weekly service allowed \*Approach is counseling (behavior modification) oriented \*Serves age 5 to 21 (but normally limited to 18)

**LIMITATIONS:**

\*Medicaid pays only if 100% of service hours are directed towards the client \*Approach not holistic (excludes Case Management services that would include visiting doctors, teachers, tutoring, etc.) \*Limits services to the home environment only

**PURPOSE & OUTCOME:**

Assist the client in developing skills to remain in the home

### Day Treatment

**DESCRIPTION:**

Primarily designed to serve clients in one-on-one and groups in the public school setting offering supports to improve behaviors

**ALLOWANCES:**

\*Allows 5 or more hours per day but limited to billing 3 units per day \*Approach is counseling (behavior modification) oriented \*Case management services must coordinate with a Case Manager \*Serves school age to 21

**LIMITATIONS:**

\*Medicaid pays only if 100% of service hours are directed towards the client \*Approach not holistic Limits services to the school environment only

**PURPOSE & OUTCOME:**

Assist the client in developing skills to function in the school

### Mental Health Community Support Services

**DESCRIPTION:**

Primarily designed to provide a type of case management service supporting individuals in the community with the intent of maintaining stable community living, & preventing increased mental illness and admission to higher levels of care

**ALLOWANCES:**

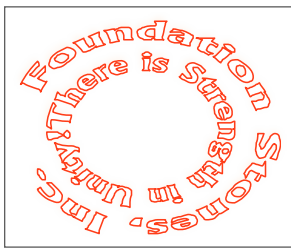
\*Allows 7 or more hours per day but limited to billing 4 units per day \*Approach is similar to case management \*Serves age 18 and older

**LIMITATIONS:**

\*Medicaid will not pay for counseling \*Services not allowed below 19 eliminating foster services \*No payment for academic services \*direct face to face contact required

**PURPOSE & OUTCOME:**

Assist the client in developing skills function within the community at the current or better state



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<b>LESS INTENSIVE</b>			
SERVICE PURPOSE	DESCRIPTION	ALLOWANCES	LIMITATIONS
Case Management  *Provide links to appropriate level of service decreasing the need for the most intensive services	Primarily designed to link clients to services and supports in the community	* at least one contact every month (but 1 face to face every 90 days) *coordinating services with supporting providers	*Medicaid does not allow Case Management and Intensive In Home to be billed at the same time *Medicaid will not pay for clients receiving multiple case management services * No pay for therapy or counseling (only problem solving activities)
Outpatient Therapy  *To decrease the need for more intensive services	Primarily designed as one-on-one individual therapy in a clinic	*Weekly contact at approximately 55 minutes per contact *Provided at same time as other treatments	*Not an in home service *typically not a holistic approach (excludes family & community supports)
Mentoring  *Provide positive links to mentors to decrease the need for more intensive services	primarily designed to model behavior to an individual through activities in the community	*Weekly contact 8 to 10 hours per week *Provided alongside other therapeutic treatments	*Treatment is not counseling or therapy oriented *Due to time limitations in a youth's day, it may conflict with treatment timeframes of therapeutic treatments

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