

# Community Support Services

## For Adults

Case Management | Psychosocial Groups  
Attendant Care | Peer Support  
Supported Employment | Parent Support Groups

**Southeast Kansas  
Mental Health  
Center**



# To qualify for Community Support Services

An appointment would need to be made with a \*QMHP who will assess the mental health needs and make a referral for community support services as appropriate.

## CRITERIA IS AS FOLLOWS:

- **OVER THE AGE OF 18**  
Who are having functional impact in independent living, employment, activities of daily living, and need ongoing support to maintain stability.
- The individual currently has a diagnosable mental, behavioral, or emotional disorder of sufficient duration to meet the diagnostic criteria specified within the most current DSM\*
- The disorder must have resulted in functional impairment that substantially interferes with or limits the individual's role or functioning in family, employment, or community activities.





# Case Management

Case Management Services are provided to adults that have been referred by a QMHP. Case Management is an individualized service provided in the home, school, employment, or community settings. It is a person-centered program that promotes growth in the individual's personal, employment, and social development.

## THE CORE ELEMENTS

- Development of individual goals
- Assessment of strengths and needs
- Solution focused interventions
- Supportive Counseling
- Problem behavior analysis
- Emotional and behavioral management
- Assist with social and daily living skills
- Access natural and community supports
- Progress evaluation and reporting
- Treatment and Crisis planning
- Correspondence w/collateral supports
- Provide access to necessary supports
- Service coordination for the individual

# Psychosocial Groups

The primary goal of Psychosocial Groups is to assist adult in developing personal attitudes, social behaviors, and skills needed to function and progress in their home, work, and community settings.

## THE CURRICULUM IS DESIGNED TO:

- Enhance personal relationships
- Increase community awareness
- Establish support networks
- Develop coping strategies

## GROUP ACTIVITIES COMMONLY INCLUDE:

- Daily Goal activities
- Group discussions
- Community-based outings to local resources (food bank, community centers, etc)
- Self-Regulating activities (meditation, yoga, deep muscle relaxation)
- Journaling and self-reflection activities

## Attendant Care

Attendant Care is goal-directed, individual support to adults that help them maintain and progress in their home and community. Attendant Care activities include: assisting with treatment goals; direct support and supervision with daily routines, social skills, and tasks; assist in developing structured activities and medication management.

## Peer Support

Peer support services focus on all individuals deserve healing by promoting skills for managing symptoms while emphasizing the use of natural supports and resources. Supports individuals moving beyond the illness culture into a culture of health and ability. Draws upon individual strengths to promote wellness and belonging on their terms in the community. Peer support inspires hope and helps the individual move away from feelings of hopelessness.

## Supported Employment

Supported Employment services assist individuals who are seeking employment by teaching the individual employment readiness skills. Job development and support is tailored to the individual's preferences, and it employs peer and natural supports, innovative job development, focus on job retention, and career enhancements and advancement.

## Parent Support Group

Parent Support Groups provide parents the support and assistance needed to achieve full participation in planning, designing and implementing parenting skills for their children. Parent Support Groups provide parents with the skills they want to learn about by utilizing National, State, and local resources.

# Need more info?

**Contact your local Southeast Kansas Mental Health Center to learn more.**

Allen County: (620)365-5717

Anderson County (785)448-6806

Bourbon County (620)223-5030

Linn County (913)352-8214

Neosho County (620)431-7890

Woodson County (620)625-2746

[www.sekmhc.org](http://www.sekmhc.org)