



MENTAL HEALTH OUTPATIENT SERVICES

Children and families with education, mental health and family support needs are searching for a better quality of life. Wesley Spectrum Services helps them to become independent, responsible and caring members of the community by providing an array of high quality special education, mental health and family services. These services give children and families the strength to learn, to live and to love, resulting in stronger families and stronger communities.

Philosophy and Purpose

When individuals with mental/behavioral health problems are not treated, they may find it difficult to cope with their family, jobs or daily activities. Effective treatment of mental illness enhances our community in many ways and conserves society's resources. Wesley Spectrum's holistic treatment goes beyond managing symptoms. We focus on helping individuals successfully cope with life challenges by facilitating recovery and building resilience.

Eligibility

Children, adolescents and adults with a mental/behavioral health diagnosis who live in Allegheny, Washington and Westmoreland counties are welcome in the outpatient program. The Co-Occurring Disorders program in Washington County focuses on adults and adolescents who have both a substance abuse and mental /behavioral health diagnosis.

People should seek help if they are anxious, sad, unable to maintain relationships, isolated, having eating or sleep problems, or thinking about hurting themselves or others. Common mental and behavioral health disorders that we treat include depression, schizophrenia, bipolar disorder, anxiety/panic disorder, autism, and attention deficit or hyperactivity disorder.

Availability

Services are offered in Allegheny, Washington and Westmoreland counties. We accommodate all interested clients, expanding our staffing levels if needed. All eligible people are treated equitably without favoritism.

Referral

Referrals come from other agencies, hospitals, or psychiatric hospitals, shelters, county courts, Children, Youth and Families services, teachers, family or friends. Clients can also self-refer. Participation is always voluntary.

Intake

The intake coordinator collects health history, demographic and insurance information and schedules an appointment with

an intake counselor within two weeks (in 48 hours for priority clients). During that appointment, we review each potential client as an individual and chart a course at the best level of treatment for his or her needs. This may include a number of coordinated support or therapy services delivered through Wesley Spectrum or other agencies.

Funding

Services are paid for by the client or through insurance. We also contract with county services for financial support of our services. At intake, a patient liability assessment is conducted to determine client fees or co-pays.

Accreditation and Licensure

Wesley Spectrum is accredited through the Council on Accreditation. All our therapists maintain current credentials through professional development and licensing. We contract with county courts and Children, Youth and Families agencies in various counties to provide services. We are licensed by the Department of Public Welfare, Office of Mental Health/Substance Abuse services and are credentialed providers for Community Care and Value Behavioral Health managed care companies.

Treatment Approach

We believe all people have strengths, and teach them to draw on their strengths to get hope and make a change. We believe every person has value and see the possibilities for good in every client, getting at the underlying factors to treat the total problem. By involving the whole family, we gain family support during treatment. Because we educate our clients about mental illness, they understand how it impacts their lives, and what to expect as they improve. We guide patients to reconnect spiritually, with their family and their community to build a sense of purpose and wholeness.

Client Centered service planning and continual monitoring of progress on treatment goals are at the core of our service delivery process. Individual treatment plans are reviewed and updated periodically during the course of treatment. We measure each client's progress toward his or her individual goals, reevaluating



Strength to learn, to live, to love

goals when necessary. If progress is not occurring, we can then restructure the client's program of services.

Services

Mental/behavioral health counseling is offered at intensive levels (up to 10 hours a week) or less intensive levels (5 hours or less a week). We start with a psychiatric evaluation or assessment and develop a personalized plan of care for each individual. Our individual and group therapy is family focused and all staff members are cross-trained to recognize and treat multiple symptoms. We educate clients and families about their diagnosis and prognosis so they have realistic expectations. We also provide medication monitoring and referrals for services. Outpatient clients come to clinics at convenient locations that offer evening hours.

We assist clients in processing their experiences, and help them come to terms with emotions and learn appropriate ways to express their feelings. Clients participate in goal setting, motivational interviewing and full involvement through action. We help restore or develop a positive, meaningful sense of identity.

For pregnant women, mothers and their dependent children, we also arrange for medical care, nutrition education, transportation, case management, and therapeutic interventions for sexual and physical abuse.

Outcomes

Desired outcomes for our clients include improved functioning and reduction of psychiatric symptoms, improved stress management skills, and increased competence at school, work or in other daily life tasks.

At discharge, goal attainment and changes in mental health functioning are measured to determine the overall impact of the service. Client satisfaction with services is also measured. Wesley Spectrum Services also collects data on whether service terminations were planned or unplanned and if the client was discharged to a more, the same or a less restrictive setting. This outcome data is then aggregated across clients and used to help us improve the quality and effectiveness of our services.

Discharge

A client has successfully completed treatment when he or she has met treatment goals, has improved family functioning, handles stress in a healthy manner, and demonstrates competence at school, work or in other daily life tasks. Former patients may participate in continuing care groups or support group meetings to maintain the strength they need to cope with daily problems.

Aftercare and Follow Up

During the discharge process, an aftercare plan is developed with the client. The aftercare plan identifies services that the client needs post discharge to address any unmet needs or to provide the support necessary to maintain treatment gains. We revisit patients 30 days after discharge to be sure they are accessing needed community services, and determine if they need to reenter the program. We also attempt to make contact at six months.

Contact Information

Nicole Bishop

Program Director
Allegheny County
6117 Broad Street
Pittsburgh, PA 15206
Phone: 412-342-2300
Fax: 412-362-9807
nbishop@wesleyspectrum.org

Judy Klimcheck

Program Director
Washington County
26 South Main Street
Washington, PA 15301
Phone: 724-222-7500
Fax: 724-222-5215
jklimcheck@wesleyspectrum.org

Kimberly O'Brien

Program Director
Westmoreland County
521 Plymouth Street
Greensburg, PA 15601
Phone: 724-832-3600
Fax: 724-832-7786
kobrien@wesleyspectrum.org
www.wesleyspectrum.org

