Two types of individuals

1. People with primary diagnosis of intellectual disability/developmental disability
   - Mental health diagnosis is secondary

   - Primary services through ID/DD system
     - Residential/Housing
     - Case Management
     - Supported Living
     - Vocational

   - Must have Axis I covered mental health diagnosis to receive treatment through a community mental health provider or agency
     - Can only receive mental health treatment, e.g. psychiatric medications, psychotherapy, for Axis I covered mental health diagnosis.
     - Alcohol and other drug services are provided through an individual’s physical health benefit under the Oregon Health Plan (not through the mental health benefit).

   - What to expect from mental health treatment:
     - **Intake/Assessment**
       - A diagnostic interview, which includes taking the individual’s history and assessing mental status, determining if there is an Axis I covered mental health diagnosis present.
       - Sources of information include the individual, family, and other service providers such as ID/DD case managers, personal agents, and medical providers.
       - Releases of information are obtained for needed background and treatment information such as functional assessments and Individual Support Plans.

     - **Treatment Planning**
       - If a covered Axis I mental health diagnosis is present, the individual and the mental health counselor will develop an **Individual Service and Support Plan (ISSP)**.
       - The ISSP is a comprehensive plan for services and supports to be provided to or coordinated for an individual and his or her family, as applicable, that is reflective of the assessment and the intended outcomes of service.
       - The ISSP includes the goals of treatment, how to measure treatment progress, and what action steps and treatment modalities the individual and counselor will use to reach the treatment goals.
Treatment Services for Individuals with Co-Occurring Mental Health and Intellectual Disability/Developmental Disabilities

- **Medication Management**
  - Some mental health agencies have psychiatric prescribers on staff, while others may have to refer individuals to private practitioners and/or other agencies for this service.
  - A psychiatrist or psychiatric mental health nurse practitioner evaluates an individual for and manages the use of psychiatric medications to treat the symptoms of their Axis I mental health diagnosis.

- **Psychotherapy**
  - A therapist or counselor uses supportive interactions, suggestions, persuasion, reality discussions, re-education, behavior modification techniques, and reassurance to help the individual gain insight and affect behavior modification and support through understanding.

2. **People with primary diagnosis of mental illness**
   - Axis I covered mental health diagnosis
   - ID/DD diagnosis is secondary and does not meet eligibility for ID/DD service system
   - Primary services through mental health system
     - **Medication management**
     - **Psychotherapy**
     - **Treatment Planning**
     - **Case Management**
       - Services provided for coordinating the access to and provision of services from multiple agencies, establishing service linkages, advocating for treatment needs, and assistance in obtaining entitlements based on mental or emotional disability.
     - **Residential/Housing**
       - Residential services provide a range of assistance to individuals to accomplish tasks of daily living that without a chronic mental health issue would be completed independently.
     - **Skills Training**
       - Skills training and development provides individuals with necessary abilities that will enable the individual to live independently and manage his/her illness and treatment.
       - Skills training and development can occur individually or in a group and is delivered in residential programs, as well as in community and outpatient settings.
Treatment Services for Individuals with Co-Occurring Mental Health and Intellectual Disability/Developmental Disabilities

**Service providers in the mental health system**

**Licensed Medical Practitioner (LMP)** means a person who meets the following minimum qualifications:
- Physician licensed to practice in the State of Oregon; or
- Nurse practitioner licensed to practice in the State of Oregon; or
- Physician’s Assistant licensed to practice in the State of Oregon; and
- Whose training, experience and competence demonstrate the ability to conduct a mental health assessment and provide medication management.

LMPs prescribe psychiatric medications for symptoms of mental illness and consult with medical providers on behalf of their clients with psychiatric needs. Psychiatrists are physicians, so they are LMPs, but because of scarcity and cost, most LMPs in the community are Psychiatric Mental Health Nurse Practitioners. LMPs are not always available through community mental health agencies and might need to be accessed through medical providers.

**Qualified Mental Health Professional (QMHP)** means an LMP or any other person meeting one or more of the following minimum qualifications:
- Bachelor’s degree in nursing and licensed by the State of Oregon;
- Bachelor’s degree in occupational therapy and licensed by the State of Oregon;
- Graduate degree in psychology;
- Graduate degree in social work;
- Graduate degree in recreational, art, or music therapy; or
- Graduate degree in a behavioral science field.

QMHPs are counselors, therapists, and case managers. The terms “counselor” and “therapist” are interchangeable, as are “case manager” and “service coordinator”. A QMHP can work with adults as couples or individuals, and with children and their families. QMHPs perform the intake/assessment, do treatment planning with clients, provide psychotherapy (either individually or in groups), and coordinate service provision by local, state, and federal resources on behalf of their clients. QMHP services are covered by the Oregon Health Plan, but a QMHP would need to be licensed to bill private insurers.
Qualified Mental Health Associate (QMHA) means a person delivering services under the direct supervision of a QMHP and meeting the following minimum qualifications:

- Bachelor’s degree in a behavioral sciences field; or
- A combination of at least three years relevant work, education, training or experience.

QMHAs are skills trainers, residential advocates, and other mental health program Bachelor’s level personnel. QMHAs may also be case managers and counselors, but they cannot solely perform a mental health intake/assessment or do treatment planning with clients. They are invaluable for the direct provision of supports and behavioral interventions in residential and community settings.

Peer Support Specialist means a person providing peer delivered services to an individual or family member with similar life experience, under the supervision of a qualified Clinical Supervisor. A Peer Support Specialist must complete an AMH (Addictions and Mental Health Division of the Oregon Department of Human Services) approved training program and be:

- A self-identified person currently or formerly receiving mental health services; or
- A self-identified person in recovery from a substance use disorder, who meets the abstinence requirements for recovering staff in alcohol and other drug treatment programs; or
- A family member of an individual who is a current or former recipient of mental health services.

Peer Support Specialists are mental health consumers or family members of mental health consumers who are working in a professional capacity for the delivery of an array of agency or community-based services and supports. Not all community mental health agencies employ Peer Support Specialists, but their services are covered in some areas under the Oregon Health Plan through funding and support of the local Mental Health Organization (MHO). In other areas, counties support peer-delivered services by funding projects and consumer drop-in centers.

References:

Department of Human Services Addictions and Mental Health Division Medicaid and Procedure Codes and Reimbursement Rates for Mental Health Services Provided On or After 01/01/2010,

Behavioral issues are often barriers to maintaining residential treatment and psychiatric stability in the mental health system.

Behaviors are commonly treated as symptoms of mental illness by mental health agencies and medicated, instead of using behavior modification techniques to alter the individual’s environment.

Diagnostic overshadowing by MR/DD providers means that there is a tendency to explain symptoms as a consequence of mental retardation rather than possible expressions of mental illness.

Lack of cross training across disabilities and the need to understand two different service delivery systems can impact treatment for individuals in both the mental health and the ID/DD system.

Individuals with a primary diagnosis of ID/DD issues and secondary mental health issues can access mental health services through community mental health agencies that take the Oregon Health Plan.

Individuals with a primary mental health diagnosis and secondary ID/DD issues do not have access to ID/DD services through their local Community Developmental Disability Program.