

Upper Bay Counseling & Support Services, Inc.



Mental Health Facts

- ◆ 20-25% of Americans experience the symptoms of mental illness in any given year.
 - ◆ 66% of adults with symptoms of mental illness do not receive treatment
 - ◆ 80% of children with symptoms of mental illness do not receive treatment
 - ◆ Why?
 - Lack of knowledge
 - Lack of affordability
 - Lack of availability
 - Stigma
- ◆ Mental health success rates are comparable to that of physical health conditions when appropriate treatment is provided.
- ◆ Nationally, the cost of loss of productivity to businesses was \$105 billion in 2007
 - ◆ In Cecil County in 2007, the cost of lost productivity was \$35 million
 - ◆ 20% of children in public school have significant mental health issues which interrupt their ability to learn and progress in school (not identified as special education students)

History

- ◆ UBCSS was originally part of the Cecil County Health Department.
 - ◆ Medicare & Medicaid
- ◆ Privatized in 1997
 - ◆ Insurance
 - ◆ Mental Health & Wellness

UBCSS Provides

Outpatient programs & services

- ◆ Individual & family assessment
- ◆ Medication evaluation & management
- ◆ Urgent Care
- ◆ Therapy groups
- ◆ School-based therapy
- ◆ Child Intensive Outpatient program
- ◆ Early Childhood Interventions
- ◆ Children's summer programming
- ◆ Crisis intervention services
- ◆ Case Management
- ◆ Community awareness & education

Rehabilitation programs

- ◆ Child and adult psychiatric rehabilitation
- ◆ Adult residential rehabilitation
- ◆ Supported employment programs
- ◆ Transitional Aged Youth programs

Community & specialized services

- ◆ Parenting education & support
- ◆ Customized EAP programs
- ◆ Pre-employment screenings
- ◆ Professional growth/employee workshops
- ◆ Anger management workshops
- ◆ Critical incident de-briefing
- ◆ Educational Workshops
- ◆ Mental Health First Aid

UBCSS Continuum of Care Program Structure

Cecil County Adult Recovery	Cecil County Child Services	Rt. 40 Services	Harford County
Adult Psychiatric Rehabilitation (SHARE)	School-Based Therapy	Family Court Services	Family Intervention
Adult Residential Rehabilitation (SunRise)	Early Childhood Intervention	Medical/Psychiatric Support	Medical/Psychiatric Support
Adult Outpatient Mental Health Clinic	Child Psychiatric Rehabilitation	Outpatient Mental Health Clinic	Child Intensive Outpatient
Supported Employment	Child Intensive Outpatient	Psychological Testing	Outpatient Mental Health Clinic
Medical/Psychiatric Support	Medical/Psychiatric Support	Call Center/Urgent Care	School-Based Therapy
Co-Occurring Treatment	Circuit Court Classes	Cecil College Job Start & Therapist	Adult Psychiatric Rehabilitation (Hope for Tomorrow)
Administrative Support	Professional Training	Case Management	Child Psychiatric Rehabilitation
	Head Start	Community Education	Transitional Aged Youth
	Administrative Support	Non-Offending Caregivers	Supported Employment
		Administrative Support	Administrative Support

UBCSS Community Partnerships

Cecil County, Maryland

- ♦ Bayside Community Network
- ♦ Calvert Manor Healthcare Center, Inc.
- ♦ Cecil College
- ♦ Cecil County Arts Council, Inc.
- ♦ Chambers of Commerce
 - ♦ Elkton Alliance
 - ♦ North East Chamber of Commerce
 - ♦ Perryville Chamber of Commerce
- ♦ Cecil County Child Advocacy Center
- ♦ Cecil County Circuit Court
- ♦ Cecil County Commissioners
- ♦ Cecil County Community Kitchen
- ♦ Cecil County Department of Juvenile Services
- ♦ Cecil County Department of Social Services
- ♦ Cecil County Detention Center
- ♦ Cecil County Division of Social Services
- ♦ Cecil County Domestic Violence/Rape Crisis Center
- ♦ Cecil County Head Start
- ♦ Cecil County Health Department
- ♦ Cecil County Public Schools
- ♦ Chesapeake Care Resources
- ♦ Core Service Agency
- ♦ Local Area Homeless Shelters
- ♦ Project Crossroad
- ♦ Senior Services & Community Transit
- ♦ Shorehaven School
- ♦ Union Hospital of Cecil County

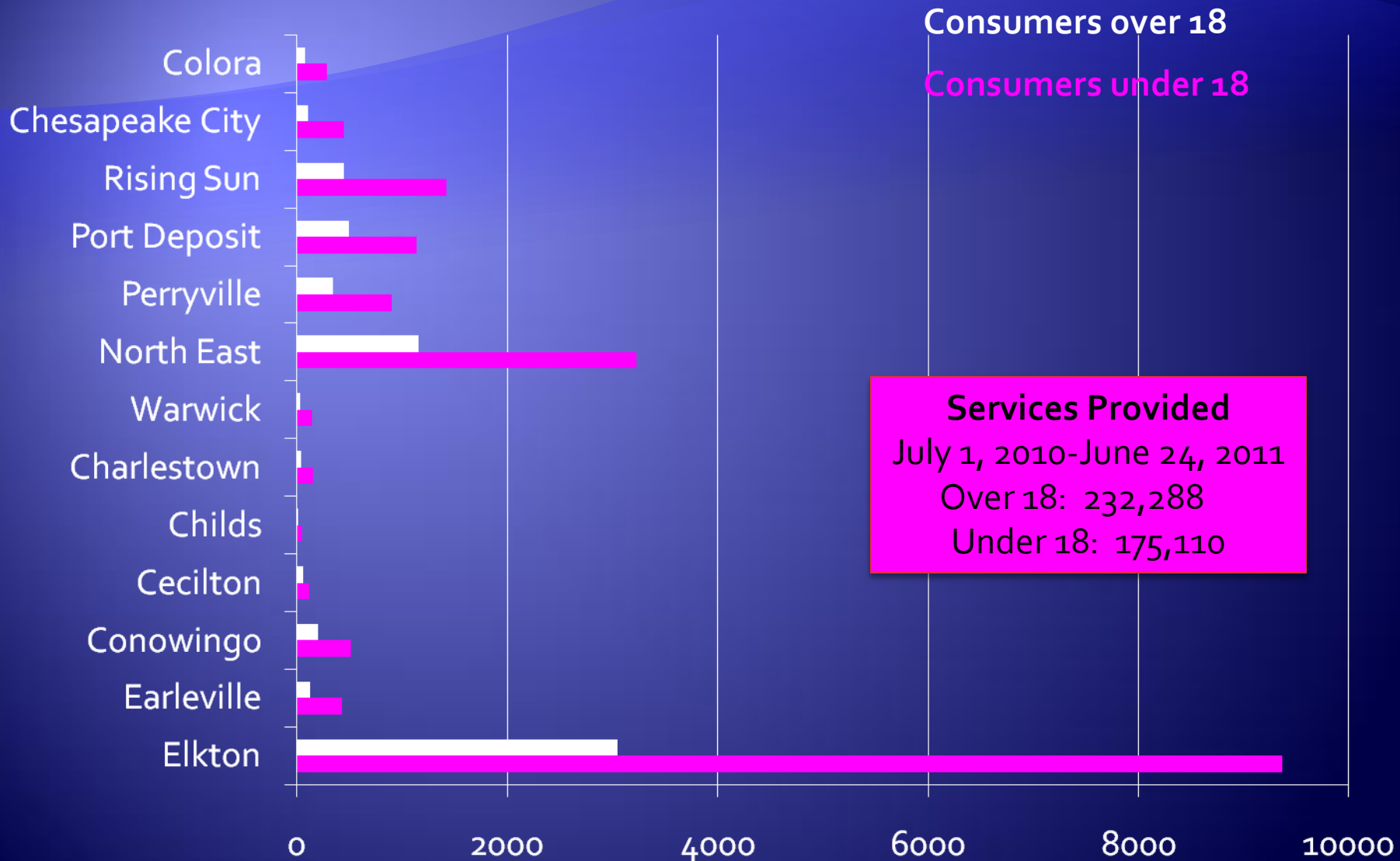
Harford County, Maryland

- ♦ Core Service Agency
- ♦ Harford County Department of Juvenile Justice
- ♦ Harford County Public School
- ♦ Harford Memorial Hospital
- ♦ Havre de Grace Chamber of Commerce
- ♦ Havre de Grace Senior Activity Center

State of Maryland

- ♦ Community Behavioral Health
- ♦ Maryland Mental Hygiene Administration

Client Demographics – Cecil County



Mental Health Matters

(Community Education)

Individual Issues & Concerns

(children, adolescents & adults)

- ♦ ADHD
- ♦ Learning Disabilities
- ♦ Eating Disorders
- ♦ Self-Esteem
- ♦ Anxiety
- ♦ Stress Management/Mindfulness
- ♦ Depression
- ♦ Panic Disorders
- ♦ Obsessive Compulsive Disorder (OCD)
- ♦ Seasonal Affective Disorder
- ♦ Addictions/Dependencies
- ♦ Post-Partum Depression
- ♦ Mother/Infant Bonding/Attachment
- ♦ Our Aging Bodies

Military Personnel/Family

Issues & Concerns

- ♦ Post Traumatic Stress Disorder
- ♦ Relocation
- ♦ Separation Anxiety
- ♦ Return & Re-acclimate
- ♦ Depression
- ♦ Reconnecting "Now that you are back..."

Community & Employee

Issues & Concerns

- ♦ Relationship Issues
- ♦ EAP Services
- ♦ Workplace Wellness
- ♦ Stress Management
- ♦ Presentee-ism
- ♦ Addictions/Dependencies
- ♦ Lay-offs/Downsizing
- ♦ De-escalation Techniques

Family Relationship Issues & Concerns

- ♦ Family Violence
- ♦ Anger Management
- ♦ Post Traumatic Stress Disorder
- ♦ Parenting Issues
 - ♦ Love & Logic
 - ♦ Parenting Program
- ♦ Co-Dependency
- ♦ Effective Communication
- ♦ Changing Anxiety
- ♦ Infidelity
- ♦ Birth Order

Geriatric/Caregiver Issues & Concerns

- ♦ Grief & Bereavement
- ♦ Alzheimer's & Dementia
- ♦ Family Relationships

Current Challenges

- ◆ High demand for services
- ◆ Workforce recruitment
- ◆ Rate reimbursement / cost to deliver service
- ◆ Stigma of mental illness
- ◆ Transportation
- ◆ Need for Advocacy and Community Education