



# New Hampshire Community Mental Health Centers

(A System Within the Children's System of Care)

# The Establishment of the Community Mental Health System

- The Community Mental Health Act of 1963 was an act to provide federal funding for community mental health centers and research facilities in the United States.
- This legislation was passed as part of John F. Kennedy's New Frontier.
- The act offered support to construct mental health centers that provided community-based care as an alternative to institutionalization.
- It led to considerable deinstitutionalization.

# New Hampshire Community Mental Health Centers

Ten, state designated, non-profits

Two Centers include Developmental Services

24-hour Emergency Services, Assessment ,and  
Evaluation through Mobile Crisis Teams

Provide a broad, comprehensive array of high  
quality, effective, and accessible mental health  
services

Offer evaluations and treatment services across  
the age span, from birth to end of life

Provide care regardless of ability to pay

# Credentials of Staff at CMHC's

High School Diploma/GED

Associate's Degree

Bachelor's Degree

Master's Non-Licensed

Master's Licensed

Masters Licensed Alcohol Drug Counselors

Psychologists

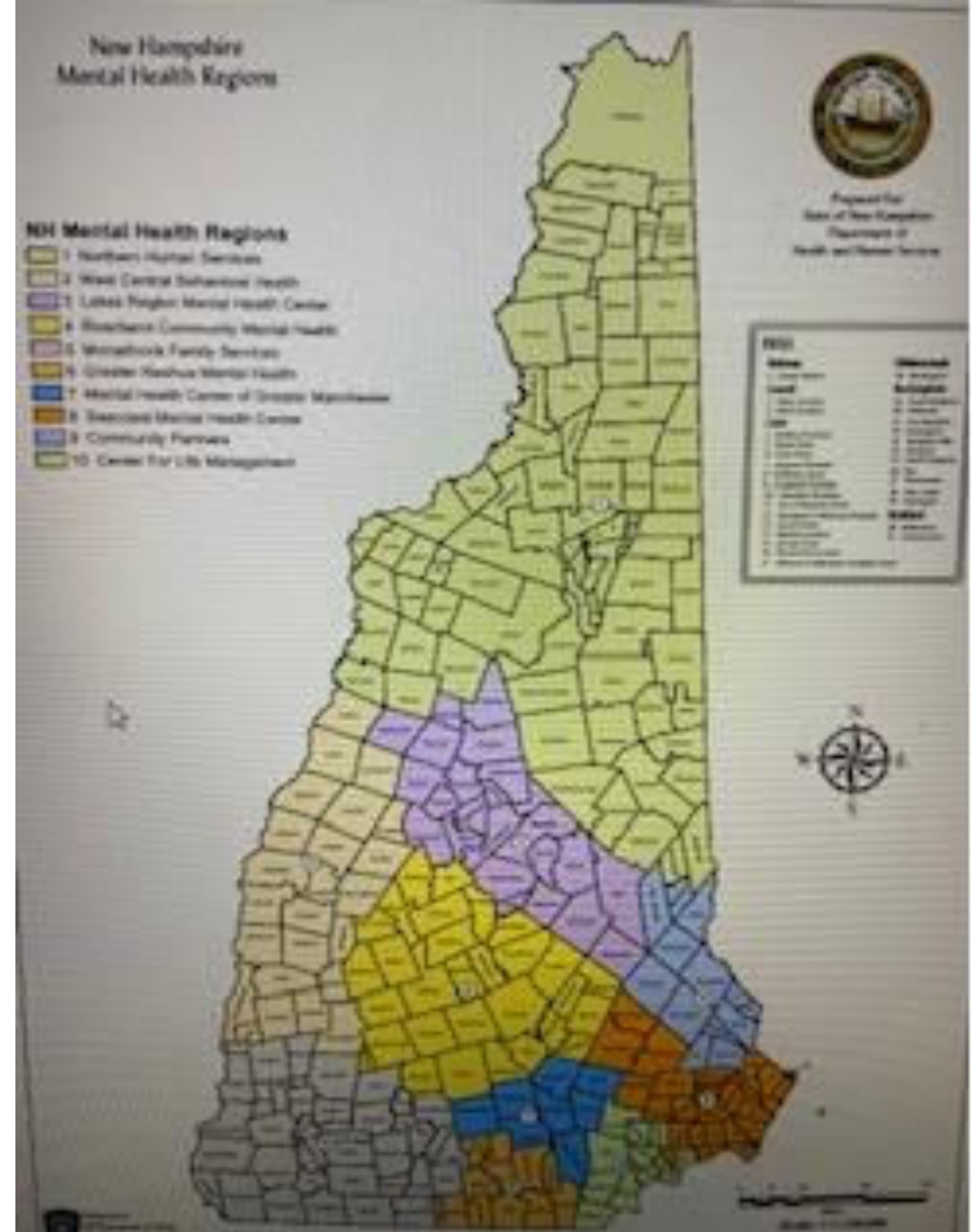
Registered Nurses

Psychiatric Nurse Practitioners

Psychiatrists – MD's

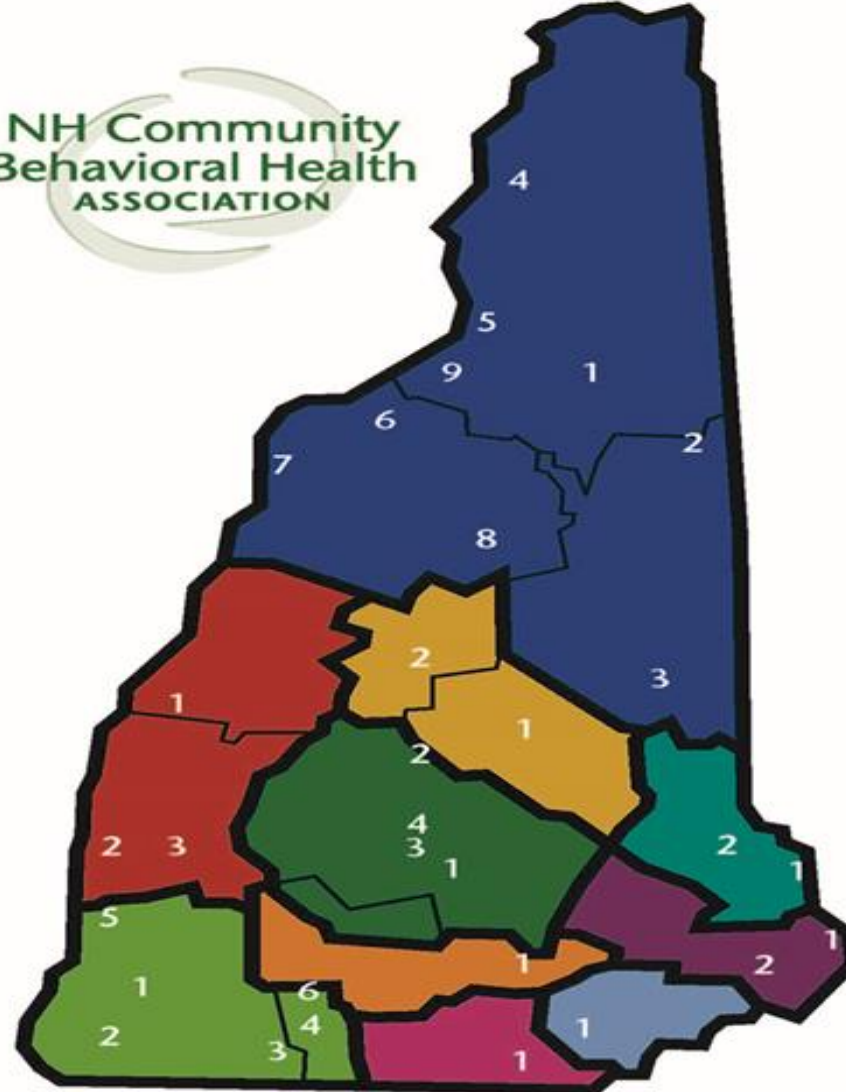
# Catchment Regions Map

[https://www.dhhs.nh.gov/sites/g/files/ehbe\\_mt476/files/documents/2021-12/bdas-list-map.pdf](https://www.dhhs.nh.gov/sites/g/files/ehbe_mt476/files/documents/2021-12/bdas-list-map.pdf)



*A statewide system of care.*

## Where we are



### Northern Human Services

1. Berlin
2. Conway
3. Wolfeboro
4. Colebrook
5. Groveton
6. Littleton
7. Woodsville
8. Lincoln
9. Lancaster

### West Central Behavioral Health

1. Lebanon
2. Claremont
3. Newport

### Genesis Behavioral Health

1. Laconia
2. Plymouth

### Riverbend Community Mental Health Center

1. Concord
2. Franklin
3. Penacook
4. Boscawen

### Monadnock Family Services

1. Keene
2. Winchester
3. Jaffrey
4. Peterborough
5. Walpole
6. Antrim

### Community Council of Nashua, NH

1. Nashua

### Mental Health Center of Greater Manchester

1. Manchester

### Seacoast Mental Health Center

1. Portsmouth
2. Exeter

### Community Partners

1. Dover
2. Rochester

### Center for Life Management

1. Derry

Office  
Locations

# Service Locations



**Office, home, telehealth, schools,  
pediatric practices, and  
community settings**



**Ease of access  
Increased collaboration  
Reduces stigma**

# Establishing Care As a New Patient

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Each Center has variations to their processes

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In general, contact the primary office location for Admissions or new patients

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An Admissions Representative will gather demographics, a very brief history, and schedule the intake assessment

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Some Centers utilize an Open Access team

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# Population Served

CMHC serve children  
and adolescents  
under three different  
categories:

Severe  
Emotional  
Disturbance  
(SED)

SED-  
Interagency

Non-State  
Eligible Youth

# Eligibility determination

## **SED:**

Diagnosed with an Axis I diagnosis other than substance abuse

Experiences a significant impairment in psychosocial functioning

## **SED-Interagency:**

Current legal relationship with the school district, DCYF, or DJJS

**Eligibility Tool:** CANS

# Services

Individual, family, and  
group psychotherapy

Functional Support  
Services (FSS)

Targeted Case  
Management (TCM)

Psychiatry

Child Impact Program

Community Disaster  
Mental Health  
Supports

# Evidence Based Practices

Child Parent Psychotherapy

Trauma Focused CBT

MATCH-ADTC

Dialectic Behavior Therapy

MTSS-B

7 Challenges

RENEW

ABA (Clinic and Community Based)

Parent Child Interaction Therapy (PCIT)

# Child Impact Program

Court required

Standardized statewide curriculum

4-hour course required of all parents of children under age 18

Assist with understanding the impact of divorce, separation, and custody issues on child(ren)

Addresses how to improve the co-parenting relationship

\$85.00/person

Reduced Fee Option is available

# Mental Health First Aid

Began in Australia

8-hour course

- Learn about mental illnesses
- Child development considerations
- Risk factors and warning signs
- Treatment options
- 5 step response plan - ALGEE

Adult, youth, and veteran's model

# Non-Billable, Community Support Activities

Grief or crisis  
supports after a  
community loss

Trainings for schools  
or other child serving  
organizations

Groups for family  
members without  
clients present

Attendance at  
community health  
events for youth and  
families

Facilitation or  
attendance on  
community work  
groups or committees

Participation on  
ACERT teams

CAC

Court Diversion  
Programs

Youth Suicide  
Prevention Assembly

DCYF/DJJS meetings

Media stories

Senate testimony

# DOE Partnership for Camp and School Mental Health Supports

Rekindling Curiosity

Began late Spring 2021

Mental Health Training

Supports for camps, VIP campers, and camper surprise

On-site supports

Extended into the schools for mental health supports



# Current Trends

Increased depression

Increased anxiety

Increased sense of isolation

Challenges in the family structure

Stressors of multiple roles

Increase in acuity

# Challenges



WORKFORCE  
SHORTAGES



LOW  
REIMBURSEMENT  
RATES



LACK OF PARITY



ACCESS TO HIGHER  
LEVELS OF CARE



EMERGENCY ROOM  
BOARDING

# Questions