

Adult Mental Health Care

The transition, options and supports

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Mental Health is:

Useful, even without a specific diagnosis.

Available to support needs

- Treatment/management of diagnosis
- Preparing/responding to stressful situations
- in response to life changes
 Examples: going off to college, marriage, best friend leaving for a job, military, death of a beloved companion
 Guidance, exploration, learning new skills

Confidential

*Duty to warm- if harm self or others



Current supports in place that may need moved to adult care:

Medical care at pediatric doctor

Dental

Eye

Specialist- usually must move from pediatric specialist to adult specialist

Mental Health Care – psychologist, psychiatrist, counselor, social worker, therapist, case manager, support worker

Who are you looking for?

PhD/DO- doctor

- Psychiatry- can prescribe medication
- Psychology- provides assessments and therapy

PMHNP- therapy and medication

LSCSW/LCSW-Social worker- can provide therapy

LCMFT/LMFT-Therapy

LCPC/LPCcounseling LMAC- Addiction counseling

Crisis Support



988- like 911 for your brain! National help line



Any Hospital ER can complete assessment and offer support



walk in mental health assessments 24/7

ReDiscover- MH urgent care- MO
Cottonwood Springs- walk in assessments KS
Community Mental Health Centers, walk ins-usually only during business hours

Free & Confidential Crisis Numbers

COMMCARE Mental Health Crisis Line 1-888-279-8188

Suicide Prevention Lifeline 1-800-273-TALK (8255)

Domestic Violence Crisis Line 816-461-4573 or 816-861-6100

MOCSA Sexual Assault Crisis Line 913-642-0233

*LGBT National Hotline 1-888-843-4564

*Trans Lifeline 877-565-8860

School Violence Report Hotlines MO: 866-768-7047

KS: 877-626-8203

TEXT An Anonymous Crisis Counselor 24/7 741741

National Parent Helpline- emotional support from a trained advocate.

1-855- 4A PARENT (1-855-427-2736)

HOURS: Monday-Friday

10:00 AM PST - 7:00 PM PST

^{*} just checked- still active(9/22/25)

Mental Health Options: young adult independently

Insurance

Community Mental Health Centers

Web Search Lists: Psychologytoday.com, SAMHSA.gov, Locator.APA.org

Referrals/recommendations

College Health/Student Centers

Finding help:

https://www.childrensmercy.org/yourvisit/family-support-andresources/transition-to-adulthood/findingan-adult-care-doctor/mental-health/

Mental Health Options: Dependent/caregiver responsibility

Insurance

Community Mental Health Centers

Web Search Lists:

Psychologytoday.com, SAMHSA.gov, Locator.APA.org

Referrals/recommendations

Case Manager

Community Disability agency

CDDO/KCRO

Waiver services

Insurance- MCO/CM

Caregiver Stress and Support

You can't pour from an empty cup!

Be sure to take care of you

Use the resources/connections you can

Acknowledge change is hard

Personal & Designated Representative

Personal Representative (HIPAA concept)

This is a general term used to identify who can <u>legally consent</u> for the patient's medical care.

This may be a parent, a person appointed by the court, an agency, an individual through a power of attorney form, etc. **Designated Representative**

Once a patient turns 18 and is a legal adult with capacity, that adult can identity a person(s) to be their designated representative.

This person can participate in the development of the plan of care and obtain PHI. May consent ONLY IF they satisfy the Personal Representative standard too.

Adult Patient Care Directives Policy

Full Guardianship

Responsibility and control over *all* areas of life (ADL's, Medical, Financial, etc.)

Supported Decision Making

Person makes their own decisions with support from others they know and trust

Full and Limited Conservatorship

Responsibility and control over financials (can be full or limited)

Limited Guardianship

Responsibility and control over some, but *not all* areas of life (may include: ADL's, Medical, or Financial, etc.)

Durable Power of Attorney

Legal document allowing an individual to appoint someone else to make specific decisions for them in the event they become unable (i.e., health care, financial)

*Must have capacity when signed to be valid

DECISION MAKING CONTINUUM

PERSON AS LEGAL DECISION MAKER

Makes their own decisions with no extra help from anyone else GENERAL POWER
OF ATTORNEY

Person gives
authority to another
to act on their
behalf in specific or
all matters

CONSERVATOR

Court appoints someone to have the care and custody of the estate

SUPPORTED DECISION MAKING

Person makes their own decisions with support from others they know and trust DURABLE POWER

OF ATTORNEY

FOR HEALTH

CARE

Authorizes another to make health care decisions when you cannot do so

GUARDIANSHIP Court appoints guardian to have

care and custody of the person

"I constantly go between wishing you could stay little forever and being excited to see all that you will accomplish in this life." — Unknown

